

CONDEMNED: KILLER TO DIE FOR CONN. HOME INVASION 4

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'KILLER' RELEASE

Cee Lo Green gets
bolder and bossier on
his catchy solo disc **46**

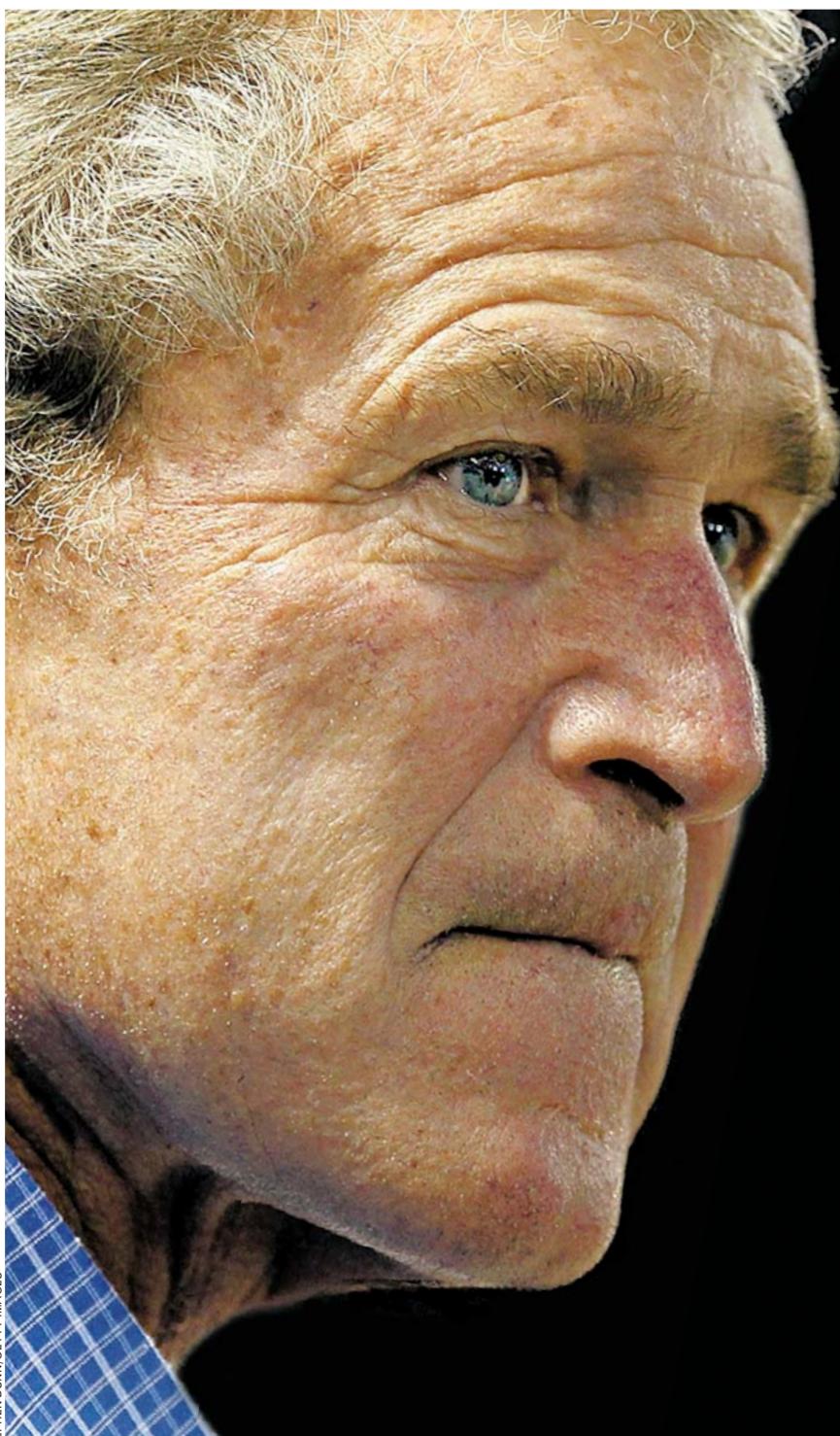
SAFETY FIRST

Independent panel
supports BP's account
of its oil rig blowout **3**



'ITS RIGHFUL PLACE'

Obama backs India
for a spot on the U.N.
Security Council **7**



GUESS WHO'S BACK

George W. Bush
knows that history
will shape his legacy
more than anything
he can say. But that's
not gonna stop a guy
from trying. **11**

STEPHEN DUNN/GETTY IMAGES



FOR EXTENDED FORECAST, SEE PAGE 53



eye openers

'Oh, Crap, I Don't Have My Social Security Card. I'll Just Rob Someone.'

A man charged with robbing someone outside a subway restaurant left behind a job application he filled out just before the heist. Officers used the application information to locate the suspect's mother, who said he was heading to Pittsburgh on a bus. He was then tracked down and arrested. (AP)

"He knows the money is there. It appears to be a situation of him not wanting to be bothered."

— MICHAEL FITZGERALD, IOWA'S TREASURER, MARVELS AT AN 85-YEAR-OLD MAN WHO HAS NOT COME FORWARD TO CLAIM THE ROUGHLY \$2 MILLION OWED HIM BY THE STATE.

Too Soon, Oberhausen Aquarium, Too Soon

Paul the octopus' successor made his public debut last week — but his keepers aren't yet promising he's psychic. The 5-month-old, also named Paul, tentatively explored his new tank at the Sea Life aquarium in Oberhausen, Germany, Wednesday. The original Paul correctly predicted the outcome of eight World Cup matches. He died Oct. 26. (AP)



The Big Picture



NOVELTY CAR-CUSTOMIZER Perry Watkins, left, drives FastFood down a street in Essen, Germany, on Monday. On his website, Worldsfastestfurniture.co.uk, Watkins says the table/car is just that — the "world's fastest furniture." The vehicle will be on view at the motor show starting Nov. 27 in Essen. (AP)

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In Brief

MINNEAPOLIS

Indictment: Somali Gangs Ran Sex Trafficking Ring

Twenty-nine people have been indicted in a sex trafficking ring in which Somali gangs in Minneapolis allegedly forced girls under age 14 into prostitution in Minnesota, Tennessee, Ohio and other unnamed places. The indictment, unsealed Monday, said one of the gangs' goals was recruiting females under age 18, including some under age 14, and forcing them into prostitution. (AP)

WASHINGTON

High Court Turns Down Health Care Challenge

The Supreme Court has turned down the first preliminary challenge to President Obama's health care overhaul. The decision Monday to reject an appeal from a former Republican state lawmaker in California was no surprise because a federal appeals court has yet to consider the case. The high court almost never reviews cases before the issues have been aired in lower courts. (AP)

WASHINGTON

Transport of Some Ink Cartridges, Toner Banned

The United States has banned all cargo from Yemen and Somalia and prohibited the transport of printer toner and ink cartridges weighing more than 1 pound on passenger flights. (AP)

Panel Backs BP's Gulf Oil Story

Money didn't trump safety, according to independent findings

Washington

The BP oil rig explosion and spill wasn't about anyone purposely trading money for safety, investigators on a special presidential commission said Monday. Instead, it was more about seemingly acceptable risks adding up to disaster.

The commission's chief attorney, Fred H. Bartlit Jr., announced 13 principal findings, many of which seemed to track with investigations of the blowout, including BP's. Bartlit said he agreed with "about 90 percent" of the company's conclusions. Representatives of the companies involved in the disaster denied that corners were cut because of cost.

Under commission procedures, Bartlit presented the findings to the seven-member panel. A report is due to President Obama in mid-January.

One determination in particular challenges the narrative that



GERALD HERBERT/AP

The Deepwater Horizon oil rig burns after an explosion April 20 in the Gulf of Mexico.

"Human beings did not sit there and sell safety down the river for dollars."

— CHIEF INVESTIGATOR FRED H. BARTLIT JR., ON HIS PANEL'S BP OIL SPILL FINDINGS.

has dominated the headlines and Democratic probes in Congress since the April 20 incident killed 11 and unleashed 206 million gallons of crude oil from the blown-out well: that BP made perilous choices to save money.

Bartlit said that despite the pressure of operating a \$1.5-million-a-day rig, workers ultimately don't want to risk their lives or the lives of others.

Representatives from the three main companies working on the

Backstory

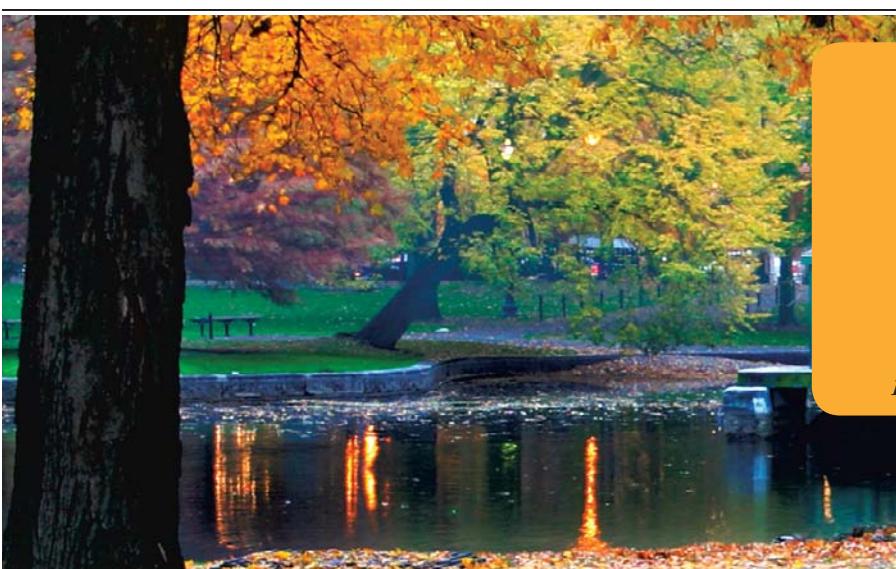
The president's commission is the first independent body to weigh in. Like BP, it found that the oil and gas traveled up the center of the pipe in the well, rather than up the sides — a finding that was disputed by Halliburton Co. Monday. The company has been criticized by the panel's investigators for pumping faulty cement and having tests in hand that showed it would fail. If the blowout started in the space between the pipe and the underground rock, Halliburton's cement would be less of a factor. (AP)

rig — Transocean, BP and Halliburton — agreed.

Critics immediately complained. Daniel Becnel, a state of Louisiana lawyer suing BP and others, called the commission's finding "absolutely absurd." He also took issue with Bartlit's endorsement of BP's view of events. "They are pasting over because they know the government is going to be a defendant sooner or later in this litigation," Becnel said. DINA CAPPIELLO AND SETH BORENSTEIN (AP)



To the 3-D Degree: Hasbro Inc. is betting that iPod and iPhone users want 3-D viewing on the go. The nation's second-largest toy maker will be unveiling Tuesday a handheld device called My3D that attaches to the two Apple Inc. devices. It promises 3-D content that offers a 360-degree experience in gaming, virtual travel experiences and movies. The device will be available next spring for \$30. (AP)

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Nation

Conn. Killer Gets Death

Mother, 2 daughters were tortured, left to die in violent attack

New Haven, Conn.

A Connecticut man was condemned to death Monday for a night of terror inside a suburban home in which a woman was strangled and her two daughters were tied to their beds, doused in gasoline and left to die in a fire.



Hayes

Jurors in New Haven Superior Court voted unanimously to send Steven Hayes to death row after deliberating over the span of four days. Judge Jon Blue will impose the sentence on Dec. 2.



STEW MILNE/AP

Hanna Chapman, left, embraces her brother, Dr. William Petit, on Monday.

"You have been exposed to images of depravity and horror that no human being should have to see," Blue said in thanking the jurors for their service.

Dr. William Petit, the husband

and father of the victims, said the verdict was not about revenge.

"Vengeance belongs to the Lord," Petit said. "This is about justice."

Hayes' attorneys had tried to persuade jurors to spare him the death penalty by portraying him as a clumsy, drug-addicted thief who never committed violence until the 2007 home invasion with a fellow paroled burglar. They called the co-defendant, Joshua Komisarjevsky, the mastermind and said he escalated the violence. They also said Hayes was remorseful and actually wanted a death sentence.

Hayes will join nine other men on Connecticut's death row. The state has executed only one man since 1960, so Hayes will likely spend years, if not decades, in prison. Komisarjevsky will be tried next year. JOHN CHRISTOFFERSEN (AP)

288K

The number of eggs Cal-Maine Foods Inc., the nation's biggest egg seller and distributor, said it is recalling. Evidence of salmonella was found at an Ohio egg farm that is linked to two Iowa egg farms responsible for a massive recall earlier this year. According to Cal-Maine Foods, the eggs were distributed in Arkansas, California, Illinois, Iowa, Kansas, Missouri, Oklahoma and Texas. No illnesses have been reported. (AP)

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Family Health History an Underused Tool

Washington

Make Grandma spill the beans: Uncovering all the diseases that lurk in your family tree can trump costly genetic testing in predicting what illnesses you and your children are likely to face.

It may sound old-fashioned, but a Cleveland Clinic study comparing which method best uncovered an increased risk of cancer helps confirm the value of what's called

a family health history.

All it costs is a little time questioning your relatives, yet good family health trees are rare. A government survey estimated less than a third of families have one.

"It's the best-kept secret in health care," says Dr. Charis Eng, a cancer geneticist at the Cleveland Clinic's Genomic Medicine Institute.

However you do it, get the scoop on both sides of the family, says

Spilling the Beans

Holiday gatherings can be a good chance to gather the information, as can reunions or even funerals. The U.S. surgeon general operates a free website—Familyhistory.hhs.gov—that helps people create a family health history and share it electronically with relatives and their doctors. Patterns of familial illness can predict a person's health risks. (AP)

another study of 2,500 women. Researchers found that women not only know less about the health of their paternal relatives, but they tend to dismiss the threat of breast cancer if it's on Dad's side.

"It's a risk no matter what," says Dr. Wendy Rubinstein of Chicago's NorthShore University Health System, who presented the research last week at a meeting of the American Society of Human Genetics.

LAURAN NEERGAARD (AP)

Fine Art

WESSELMANN'S "MOUTH NO. 8"

"8" is among 125 artworks being auctioned by Playboy magazine. The 1966 work is

estimated to bring \$2 million to \$3 million in the Dec. 8 auction at Christie's, dubbed "The Year of the Rabbit." The sale includes 80 photographs and 24 cartoons. (AP)



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In Brief

KABUL, AFGHANISTAN

NATO: 900 More Trainers Needed in Afghanistan

Karzai Without 900 more trainers, it will be tough to meet President Hamid Karzai's goal of having Afghans take the lead in protecting their country by 2014, the commander of NATO's training mission said Monday. U.S. Lt. Gen. William Caldwell also highlighted the progress in training Afghan forces at a ceremony marking the one-year anniversary of the mission. (AP)

JERUSALEM

Israel Advances Plans For Jewish Settlements

Israel is moving ahead with plans to build nearly 1,300 new apartments in disputed east Jerusalem, an official said Monday. But Israel's Interior Ministry said actual construction was likely years away. In Washington, State Department spokesman P.J. Crowley called the announcement "deeply disappointing." (AP)

A Call for India's 'Rightful Place'

Obama backs giving country a fixed spot on Security Council

New Delhi

President Obama said Monday that the United States would support adding India as a permanent member of an expanded U.N. Security Council — a powerful endorsement of India's growing economic power and global aspirations, but likely to anger China and Pakistan.

India has campaigned hard for a council seat, and Obama embraced the idea of elevating the nation to "its rightful place in the world" in a speech to India's parliament that emphasized Washington's efforts to deepen its relationship with the world's biggest democracy.

"The United States not only welcomes India as a rising global power; we fervently support it, and we have worked to help make it a reality," Obama said. "India is not simply emerging; India has already emerged."

Obama said that "in the years



CHARLES DHARAPAK/AP

Indian Prime Minister Manmohan Singh toasts President Obama on Monday.

No Quick Path

Despite President Obama's endorsement, India should not expect a U.N. Security Council seat soon. Just ask Japan, which has sought a permanent spot since at least the early 1990s.

President Bill Clinton endorsed the idea of Japan and Germany joining the council, and, in 2005, the Bush administration made supporting Japan's quest U.S. policy. The Security Council last saw reform in 1965. (CHRISTIAN SCIENCE MONITOR)



ahead, I look forward to a reformed United Nations Security Council that includes India as a permanent member." He did not say what shape the reforms should take.

Obama also noted that India would hold one of the temporary seats on the Security Council for the next two years.

India's quest for a seat would likely face particular opposition from China, a permanent member of the council and India's economic rival, and from nations and advocacy groups that say India consistently violates key U.N. resolutions.

Pakistan expressed opposition to a permanent seat for India and chided Obama's endorsement for adding "complexity to the process" of Security Council reform.

The council's five permanent members are the U.S., Russia, China, the U.K. and France. India was offered a permanent seat on the council in 1955. But India's first prime minister, Jawaharlal Nehru, declined it, saying the seat should go to China instead. (THE WASHINGTON POST/AP)

STILL DEPRESSED?

**Adult Major Depression Research Study: Novel Medication**

If you (or someone you know) have been diagnosed with major depression, you may be able to participate in a National Institute of Mental Health research study investigating a novel medication. This treatment study is studying if a research medication can produce a rapid reduction of depressive symptoms in patients with treatment-resistant major depressive disorder.

This 7-week inpatient study is conducted at the NIH Clinical Center in Bethesda, Maryland, and compares the medication to a placebo (inactive salt solution). After completion of the study the participant will receive short-term treatment to transition back to the community. In addition, all research participation is without cost.

Those eligible to participate must:

- Be ages 18-65
- Have been diagnosed with major depression
- Have taken two antidepressants that did not help

For further information on participation, please call

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National Institutes of Health, Department of Health & Human Services
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People between the ages of 21 and 50 who have the above symptoms may qualify for a five week inpatient research study looking at the effects of a new drug for individuals with Post-Traumatic Stress Disorder and alcoholism. There is no cost for taking part and people will be compensated for their participation. For further information about this study being conducted at the NIH Clinical Center in Bethesda, MD, call 301-496-1993. TTY: 866-411-1010 www.cc.nih.gov

Se habla español Protocol # 09-AA-0136

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World

Oil Leaks Found in Qantas A380s

Planes will remain grounded for at least 72 hours, CEO says

Sydney

Tests have uncovered oil leaks in three Rolls-Royce engines on Qantas' grounded Airbus A380s, the airline's CEO said Monday, as engineers tried to identify the cause of an engine failure on one of the carrier's superjumbo jets last week.

Australia's national carrier grounded its six double-decker A380s, the world's newest and largest airliner, after an engine burst minutes into a flight from Singa-



Meanwhile ...

Residents of Indonesia's Batam island are being asked to help find a piece of a turbine disc from the engine that blew out on a Qantas A380 flight last week and scattered debris over the isle. The Australian Transport Safety Bureau is leading an investigation and called the disc "crucial to a full understanding of the nature of the engine failure." (AP)

pore to Sydney last week, scattering debris over an Indonesian isle. The plane made a safe emergency landing in Singapore.

On Monday, CEO Alan Joyce said engineers have discovered oil leaks in the turbine area of three engines on three different A380s. Because of that, he said, all of the airline's A380s will be grounded for at least an additional 72 hours.

"We are not going to take any risks whatsoever," Joyce said. "We want to make sure we have a 100 percent safe operation."

Lufthansa and Singapore Airlines, which also fly A380s fitted with Rolls-Royce's Trent 900 engines, briefly grounded their planes last week. (AP)

Myanmar Refugees Flee Election Violence



AP/CHART WEERAWONG/AP

CITIZENS ESCAPE ETHNIC VIOLENCE that broke out in Myanmar on Monday, a day after a parliamentary election that was widely regarded as a sham. An estimated 15,000 people have fled across the border to Thailand.

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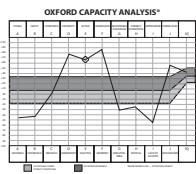
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World

Iraq Revisits Political Impasse

After 8-month stall, leaders renew talks on new government

Irbil, Iraq

Leaders of Iraq's major political blocs met Monday for the first time since March elections in a new push to break an eight-month deadlock on forming a new government. Car bombs in three Shiite cities killed 21 people in a reminder that insurgents remain determined to destabilize the country.

The meeting in Irbil began three days of negotiations that could signal the deeply divided political



AHMED AL-HUSSAINI/AP

Soldiers survey the site of a car bombing in a Shiite neighborhood in Iraq on Monday.

blocs are close to a power-sharing agreement in which Prime Minister Nouri al-Maliki would

keep his job. However, officials said there are still major obstacles to overcome.

Al-Maliki urged fellow politicians to "open a new page and leave the past behind."

His State of Law coalition won 89 seats compared with 91 for the Sunni-backed Iraqiya alliance led by former prime minister Ayad Allawi in the March 7 election. No party won an outright majority in the 325-seat parliament.

Momentum has turned in al-Maliki's favor after he picked up the support of the Sadrists, once his archrivals, and that of a smaller coalition over the weekend.

The U.S. has been pushing for a government that would include all major blocs, including Iraqiya.

YAHYA BARZANJI (AP)

Hearsay



"Don't consult with anybody in killing the Americans. Fighting the devil doesn't require consultation or prayers seeking divine guidance."

— ANWAR AL-AWLAKI, A RADICAL ISLAMIC CLERIC WANTED FOR HIS ROLE IN U.S. TERROR PLOTS, SPEAKING IN A VIDEO TO MUSLIMS RELEASED ONLINE MONDAY.

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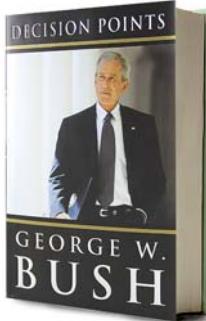
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Cover Story

History Through W's Eyes

After two years of silence, President Bush returns to tell his side of the story



At some point, every ex-president — usually having waited a decent political interval — gives his own version of his time in office. It's partly an attempt to frame history, partly a time to settle scores, always a way to make money by re-entering the spotlight, if

only briefly. This is George W. Bush's week. His new memoir, "Decision Points," will be available in bookstores starting Tuesday. There's a round of TV interviews — Oprah Winfrey, Jay Leno, NBC's Matt Lauer, Candy Crowley on CNN — radio interviews with Rush Limbaugh and Sean Hannity, and several appearances on the Fox News Channel. It'll be a family affair too — Bush's parents, his wife, Laura, and brother former Florida governor Jeb Bush will join him for some of the interviews. Some reporters have obtained copies of "Decision Points," and snippets from prerecorded interviews are being advertised, so high points already are being pored over. Here's a look at what Bush has to say on several contentious topics.

BRAD KNICKERBOCKER (CHRISTIAN SCIENCE MONITOR)



Bush on the Iraq War

Bush writes that he was "blindsided" by the infamous photos of abused prisoners at the Abu Ghraib prison in Iraq — which he hadn't been shown until the day they were made public on "60 Minutes II." On those nonexistent "weapons of mass destruction" in Iraq, he writes: "No one was more shocked or angry than I was when we didn't find the weapons. I had a sickening feeling every time I thought about it. I still do." But there's no self-doubt about his ordering the U.S.-led invasion of Iraq, nor of his agreeing to the CIA's request to waterboard prisoners as a form of "enhanced interrogation." When he was asked whether the partial drowning technique could be used, Bush's answer was emphatic: "Damn right."

Bush on Hurricane Katrina



SUSAN WALSH/AP



Bush on the GOP

Bush thinks McCain's 2008 campaign would have done better if he (Bush) had been asked to help out — a dubious assertion given Bush's very low ratings at the time. And since then, Bush reportedly has let it be known through friends that he thought McCain's choice of Sarah Palin as a running mate was a bad idea. But in his interview with Oprah, Bush resists commenting on Palin's qualifications for the presidency. The most Oprah could get out of him was: "You're asking me to wade back into the swamp."



Bush on Dick Cheney

Bush considered dropping Dick Cheney from the ticket in 2006 (perhaps replacing him with then-Senate Majority Leader Bill Frist of Tennessee) — an idea put forth by Cheney himself, but subsequently rejected by Bush. Cheney also was so angry about Bush's refusal to grant a full pardon to former White House staffer Scooter Libby that Bush worried for a time that it had destroyed their relationship.

"The problem was not that I made the wrong decisions. It was that I took too long to decide."

Being photographed flying over the aftermath of Hurricane Katrina — without landing to personally assess the damage and comfort residents — was a "huge mistake." It made him look "detached and uncaring, no question about it," he told Lauer. "The decider," as he called himself in the White House, says the fallout over the government's response to Hurricane Katrina "cast a cloud" over his second term. He says he should have acted sooner to order an evacuation and send troops, and did not show adequate empathy for victims.



Bush on President Obama

There is no criticism of President Obama in Bush's book, and he praises Obama for his more-aggressive policy on Afghanistan, for his "smart, disciplined, high-tech campaign" in 2008, and for the "calm demeanor" Obama displayed at a special White House meeting during the financial crisis that September. "I thought it was smart when he informed the gathering that he was in constant contact with Hank Paulson, he writes. "His purpose was to show that he was aware, in touch, and prepared to help get a bill passed."

Bush on the Recession \$

Bush admits he was "blindsided" by the financial crisis: "I assumed any major credit troubles would have been flagged by the regulators."

DC Rider



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Why Metro's in the Red

Q So, Metro's now released data that shows ridership has been down—and claim it is because of the economy. Do you believe that's the true reason behind it? Frankly, I don't.

Metrorail ridership is about the same as it was at this point last year. Metrobus ridership has taken a big hit. I think that's a combination of the economy and the fare increase on Metrobus. I don't know whether the fares will go up next year. I know that Metro's financial staff has a goal of avoiding either fare increases or service cuts. We're only three months into Metro's fiscal year, but the outlook isn't brilliant.

Dr. Gridlock
offers commuter
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washingtonpost.com

Q You said something last week that has stuck with me: "Every time you ride Metro, Metro loses money. The transit system is subsidized by the region's taxpayers, many of whom don't ride Metro." So, does that mean that when a record number of people ride Metro, Metro loses a record amount of money?

Metro certainly wants many, many people to ride. That's what the transit authority is in business for. But also, looking at it strictly from a revenue perspective, Metro loses less money when the trains are full. But on average, passenger revenue covers only about two-thirds of the cost of a Metrorail trip. The recovery rate is lower for Metrobus.

Q Can you explain how Metro can say that delays continue for only one direction on a Metro line? I can't figure out how delays in one direction won't carry over into another direction.

You're probably thinking of a specific example, but I can think of times when trains break down, or there's a sick passenger, and that backs up a line in one direction. If you're thinking that those slowed-down trains are eventually going to be needed in the other direction, you're right. For example, there are plenty of times that Orange Line riders at places like West Falls Church and Court House are finding big gaps between their morning trains because of a problem that affected service toward Vienna. But it's not an automatic problem. Sometimes, rush hour just ends before the gap between trains shows up on the other side of the line. Other times, Metro can put in a "gap" train to fill the void.

METRO PULSE

Which food truck would you wait in the cold for?

"If I could ever get to the front of the line, it would be the lobster truck. But there's also a falafel truck in Bethesda on Wisconsin Avenue that I go to. It's as authentic as you can find."



Marcia Wong
BETHESDA

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Local



At the Wilson Building in D.C., friends and family protest against the dismissal of charges in the death of Ali Ahmed Mohammed.

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Protest for DC9 Victim

Supporters demand justice after charges dropped in beating

Washington

About 100 friends and family of Ali Ahmed Mohammed gathered outside the U.S. Attorney's Office for the District on Monday to protest prosecutors' decision to drop charges against the five men accused of beating Mohammed outside DC9, a popular nightclub.

Mohammed, 27, of Silver Spring, died later at a hospital. Authorities say the District's medical examiner's office has not found injuries consistent with a brutal beating.

The men, initially charged with murder, had been scheduled to appear in court Monday for a preliminary hearing on aggravated assault charges.

Mohammed's mother, Sashie Bule, carried a sign that read "We want justice now." The sign also had Mohammed's picture on it. Bule said her son "deserved justice."

"I need answers," she said. "I want to know what happened to my son. He didn't deserve this."

Police say Mohammed had been denied admission to the club and later came back after closing and threw bricks through the window. Authorities said the five men, who were employees of the club, chased Mohammed, held him down and

punched and kicked him.

Mohammed, an Ethiopian immigrant, had worked as a security guard and sandwich maker at a local deli.

Nunu Waco, Mohammed's cousin, said her family was "appalled" by the decision by prosecutors to drop the charges. "Our family deserves better. American citizens deserve better," she said.

On Friday, when the charges were dropped, U.S. Attorney Ronald C. Machen Jr. said in a statement that his office needed more information, including a final conclusion by the medical examiner, before moving forward. He said the investigation would continue. KEITH L. ALEXANDER (THE WASHINGTON POST)

The Lotteries

Monday, Nov. 8

District

Mid-day Lucky Numbers	7-3-2
Evening Lucky Numbers (Sun.).....	8-0-4
Mid-day DC 4	9-2-2-5
Evening DC 4 (Sun.).....	6-2-0-9
Mid-day D.C. Five	6-6-9-8-4
Evening D.C. Five (Sun.).....	9-3-2-0-1
Daily 6 (Sun.).....	2-6-20-22-29-39 (14)

Virginia

Mid-day Pick 3	7-8-0
Evening Pick 3 (Sun.).....	0-6-9
Mid-day Pick 4	4-7-0-5
Evening Pick 4 (Sun.).....	0-6-2-9
Mid-day Cash 5 (Sun.).....	5-6-15-25-28
Evening Cash 5 (Sun.).....	1-13-17-18-24

All winning numbers are official only when validated at a claims location. Drawings that occur after Express' deadline will be published two days later.

Maryland

Mid-day Pick 3	1-8-5
Evening Pick 3 (Sun.).....	1-3-6
Mid-day Pick 4	5-3-9-6
Evening Pick 4 (Sun.).....	5-7-3-0
Match 5 (Sun.)	7-8-16-30-32 (13)

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30 The number of minutes D.C. Public Schools would add to the school day under legislation Ward 3 Council member Mary Cheh introduced last month. DCPS currently has a 6.5-hour day. It's unclear whether a longer day leads to more learning. (AP)

Local

In Brief

WASHINGTON

Metro to Seek Riders' Input on New Rail Cars

Metro will be reaching out to riders for ideas about design elements for its new rail cars. The agency plans to ask riders about wall and floor covering materials; sign displays; lighting; and handheld bar styles. Metro will conduct research starting in January and plans to release a preliminary design in March for the 7,000-series rail cars. (AP)



Brian Betts was principal at Garnet-Patterson Middle School in Shaw in D.C.

NIKKI KAHN/TWP

WASHINGTON

Teenager Pleads Guilty In Death of D.C. Principal

A 19-year-old has pleaded guilty to murder in the shooting death of a D.C. school principal. Alante Saunders pleaded guilty Monday as part of a plea deal that calls for a life sentence with all but 40 years suspended. Prosecutors said that Saunders and principal Brian Betts made plans to meet online and that Betts agreed to leave the door of his home open for Saunders. Betts, the then-principal of Garnet-Patterson Middle School, was found dead in his Silver Spring home April 15. (THE WASHINGTON POST)

ANNAPOLIS, MD.

State Touts Plan to Bring Offshore Wind Power

Maryland officials are announcing a step forward in their plan to bring offshore wind power to the state's coast. Gov. Martin O'Malley's administration said Monday the federal government has accepted planning recommendations made by the state. The U.S. Interior Department is now asking companies to come forward if they're interested in taking on the project. The western edge of the proposed wind farm is about 10 nautical miles from the Ocean City coast. The eastern edge is about 27 nautical miles from the coast. (AP)

Hearsay

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In Brief

PACO PARDES/AP

Alberto Contador won his third Tour de France in July and is under investigation.

CYCLING**Contador Faces Doping Allegations in Spain**

Cycling's governing body has asked Spanish authorities to open a doping case against Tour de France winner Alberto Contador. The International Cycling Union says it wants the Spanish cycling federation to hold a disciplinary hearing regarding Contador's positive test for clenbuterol during the race. (AP)

NASCAR**Johnson, Gordon Trade Pit Crews for Final Races**

Hendrick Motorsports says it will give four-time defending NASCAR champion Jimmie Johnson the pit crew from Jeff Gordon's team for the final two races of the season. The announcement came a day after Johnson's crew struggled through a pair of stops at Texas Motor Speedway. When an accident knocked Gordon out of the race, his crew replaced Johnson's team for the rest of the day. (AP)

HOCKEY**Hockey Hall of Fame Opens Doors to Women**

The Hockey Hall of Fame has opened its doors to women for the first time. Angela James of Canada and Cammi Granato of the United States received their Hall of Fame rings on Monday. They were inducted with former NHL star Dino Ciccarelli, scout Jim Devellano and the late Daryl "Doc" Seaman, one of the founders of the Calgary Flames. The Hall of Fame established separate induction criteria for women this year. (AP)

Cowboys Give Phillips the Ax

Dallas fires coach after disappointing 1-7 start to season

Pro Football

Wade Phillips was fired Monday as coach of the Dallas Cowboys, with offensive coordinator Jason Garrett promoted to take his place.

Team owner Jerry Jones decided enough was enough after a 45-7 loss to the Green Bay Packers the night before. It was the Cowboys' fifth-straight loss, dropping them to 1-7.

"We are grateful to Wade and his contribution to the Cowboys, lead-

ing us," Jones said. "We also clearly understand we are not where we want to be at this time, and that's an understatement. We share the responsibility — all of us."

This is the Cowboys' worst season since 1989 and among the worst in franchise history by record alone. Realistically, it's the low point considering Dallas was coming off a division title and a playoff win, and was expected to contend for the Super Bowl that'll be held at Cowboys Stadium.

Phillips' departure takes another dubious spot in club history: the first in-season coaching change.

"An in-season changing is something I was reluctant to consider,"



JEFFREY Phelps/AP

Wade Phillips was let go by the Cowboys after their fifth-straight loss Sunday. (AP)

Jones said. "I recently addressed the team, and my comments with them were very brief and pointed. I told them they should not think this an admission of defeat or finality in this season.

"We have eight games left, and we have one goal — to win."

The first game under Garrett will be at the New York Giants on Sunday. "He does have the opportunity to get the job long-term," Jones said. "I do believe Jason has the temperament and disposition to affect a culture change."

The 63-year-old Phillips would leave with a 34-22 record over 4½ seasons guiding the Cowboys. (AP)

Redskins' Horton Out for Season

The Redskins

Redskins coach Mike Shanahan said Monday that safety Chris Horton, who had been dealing with a sprained ankle, suffered a setback in the Detroit game — a more debilitating high-ankle sprain.

"He'd been doing a great job on special teams," Shanahan said. "That ankle's been bothering him. He's had a normal ankle sprain that's been in the area of a few weeks, and, obviously, the high-ankle sprain really keeps him out for the season."

The Redskins announced several roster moves Monday after returning from their bye week, assigning Horton to the season-ending injured-reserve list and promoting safety Anderson Russell to take Horton's spot on the 53-man active roster.

The team also officially added wide receiver Taurus Johnson and safety Sha'reff Rashad to the prac-



TONI L. SANDS/WFSP

A seventh-round pick from UCLA, Chris Horton was the 249th overall selection in 2008.

tice squad, and released wide-out Ray Small from the practice squad. The moves were made as the Redskins begin preparations to host the Philadelphia Eagles on Nov. 15.

For the second time in as many seasons, Horton's season was cut

short by injury. Sidelined recently because of an ankle injury, Horton finished with nine tackles in seven games.

He was placed on injured reserve in November of the 2009 season because of a toe injury.

JASON REID (THE WASHINGTON POST)



Honorable Mention: The late Yankees owner George Steinbrenner will be on the Hall of Fame veterans committee ballot next month with former New York manager Billy Martin. Former union head Marvin Miller also will be on the ballot with players Vida Blue, Dave Concepcion, Steve Garvey, Ron Guidry, Tommy John, Al Oliver, Ted Simmons and Rusty Staub. To be elected, a candidate must appear on at least 75 percent of the 16 ballots. (AP)

Dolphins Want NFL to Review Spit Complaint

Pro Football

Miami Dolphins coach Tony Sparano says he'll ask the NFL to look into the team's complaint that Baltimore Ravens running back Le'Ron McClain spit in the face of linebacker Channing Crowder.

Sparano said he has sufficient evidence to pursue the matter with the league.

McClain denied spitting in Crowder's face. But a video replay from WFOR-TV in Miami appeared to confirm the incident happened when Crowder and McClain were face mask to face mask arguing after a play with an official trying to separate them.

Crowder was angry about the matter after the game, and several teammates said Monday he was right to be. Baltimore won the game, 26-10. (AP)

Sports

Varlamov Eager to Get Back in Capitals' Mix

Head coach Boudreau won't reveal timetable for netminder's return

The Capitals

After spending more than hour on the ice at Kettler Capitals Iceplex, goaltender Semyon Varlamov said he "feels great" and that he's getting closer to coming back. Coach Bruce Boudreau has definitely noticed how eager Varlamov is to get back

in the mix after missing the past seven games with the latest flareup of a groin injury but wouldn't specify where the goaltender could see action this weekend.

"If I was Varly, I'd be ready to go after seeing the other two goalies, too," Boudreau said. "He's working hard and, hopefully, he'll get into a game this weekend somewhere. He's eager to go — just the fact that he's taking shots and staying out long after practice means he's getting closer to a return. I don't know if



he's 100 percent healthy yet."

When asked whether he meant Varlamov might play in Hershey, Boudreau said: "I don't know what I mean. ... Might be a scrimmage that we have, but he's going to be in game situations, at least."

For what it's worth, Hershey plays at home on Friday and Sunday against the Toronto Marlies and the Binghamton Senators, respectively, and travels to Syracuse to face the Crunch on Saturday. (THE WASHINGTON POST)

TV Lineup

COLLEGE FOOTBALL (7 P.M., ESPN2)

The Toledo Rockets hit the road to face the Northern Illinois Huskies in a rather compelling matchup between the two Mid-American Conference East Division foes.

CAPITALS (7:30 P.M., VERSUS)

The Caps look to make it five in a row when they head to New York's Madison Square Garden to skate against the Rangers, who are without feisty winger Marian Gaborik, who's sidelined with a separated shoulder.

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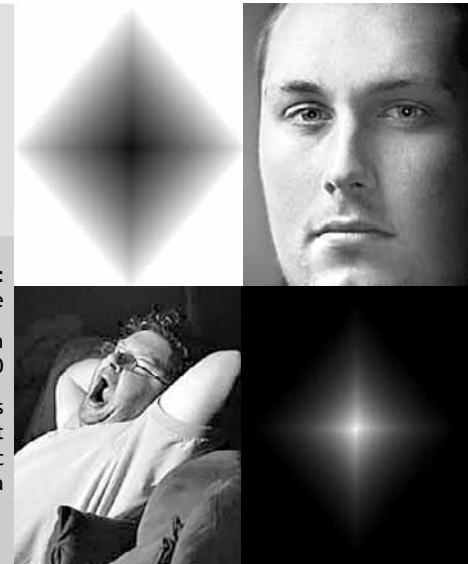
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Sports

Saunders Storms Out

Wizards' head coach leaves practice after frustration boils over

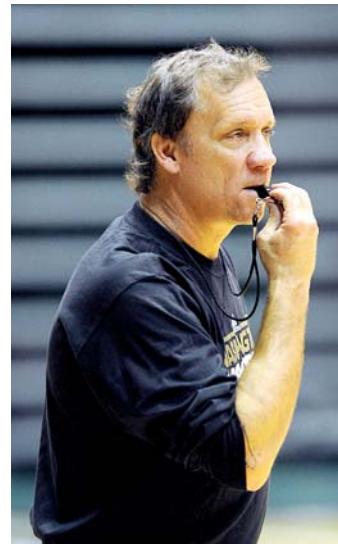
The Wizards

Flustered by the effort displayed by his team, Flip Saunders stormed out of practice on Monday. As he left the floor, Saunders told his players, "If you want to get better, come back at 4."

The players looked stunned. They realized that they were in store for another practice later in the afternoon when Saunders' assistant coaches followed him to the locker room. As the players started to leave, Josh Howard said, "Y'all better wake up."

Hilton Armstrong wasn't willing to just let practice end in that fashion, so he called the players back and told them that there was a reason for the extra session. He could see the frustration but said, "The coaches only want to make us better. Real talk."

Saunders later explained what led to his disappointment. The Wizards have lost two in a row and four out of five to start the season, and



JONATHAN NEWTON/TWP

Flip Saunders stopped practice Monday after citing a lack of focus from his team.

had no excuse for a sluggish practice after a day off.

"We didn't accomplish what we needed to get accomplished. After you lose a couple of games, you hope to come with a sense of urgency. I was excited about coming here," Saunders said, adding that he arrived more than three hours before practice. "We didn't come with that same urgency as a team. We're not going to beg guys

to play hard. If they want to play hard, we'll come back and go another time, we get people who do play hard. That's one thing as coaches — you can't coach effort. We'll find guys that are going to do it."

Andray Blatche said the Wizards probably need more practice time. "What's our record? We 1-4. Patience is running out. Guys are getting frustrated," Blatche said. "I don't have a problem with it. A two a day. Training camp in November. Cool by me. We need it. We losing. That's what happens when you lose. You have to put extra time in."

Said Saunders, "It's frustration when you lost games that are winnable. You would think that you'd come into a practice with a sense of urgency. Come in to learn, to be very detail-oriented, get in, get out, get what you need to get done and get better. I didn't think we had the right frame of mind. Kirk [Hinrich], Al [Thornton] and Cartier [Martin] gave the right effort, but as a whole, there were a couple of guys that were in between, but then there are some guys that didn't do what we needed to do, so we'll come back at 4."

MICHAEL LEE (THE WASHINGTON POST)

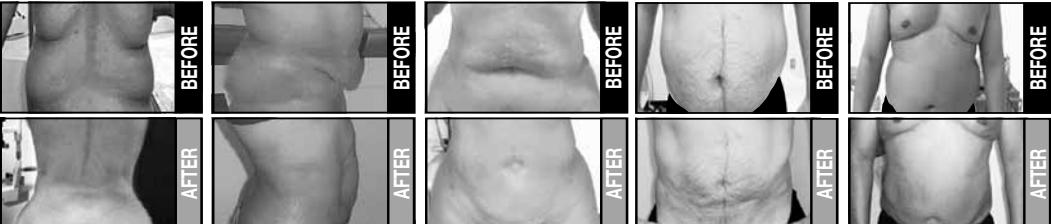


Hero's Welcome: Dozens of fans greeted 11-time NBA All-Star Allen Iverson at Ataturk Airport in Istanbul Monday. Sporting a Besiktas jersey and a Philadelphia Phillies hat, Iverson waved at fans from inside his car before being driven to his hotel. Iverson is expected to make his debut with Besiktas on Nov. 13 when the team plays Oyak Renault at its home arena that seats about 4,500 fans. The club hasn't won the Turkish league since 1975. (AP)

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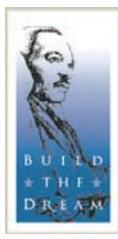
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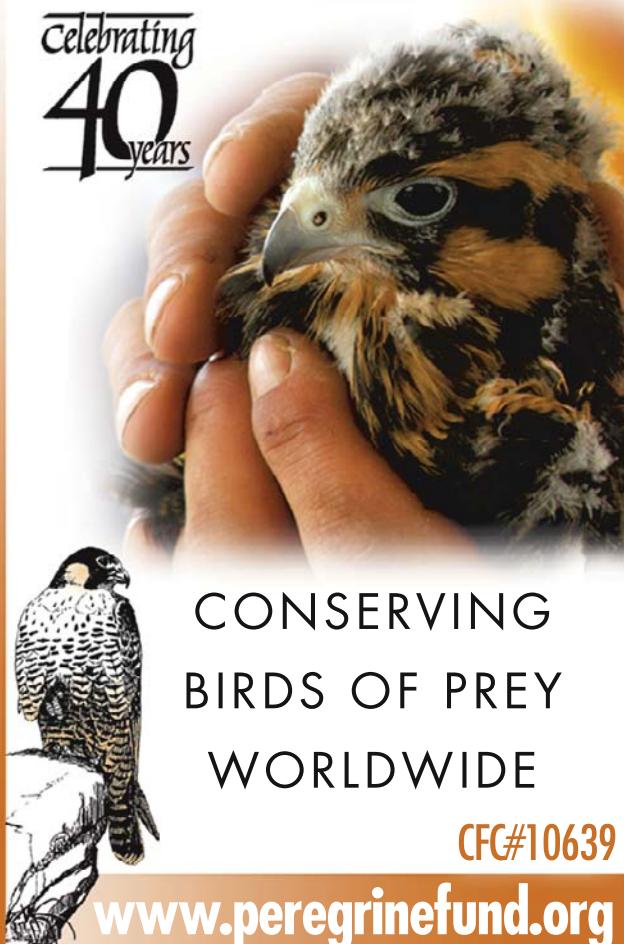
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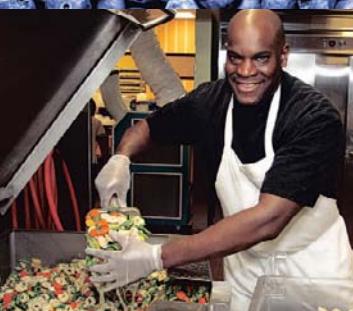
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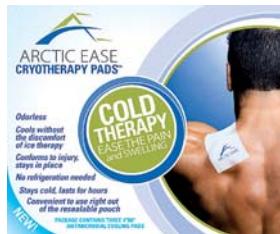
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Guinea Pig | Cold Comfort

It's no doubt the coolest product being touted at the Marine Corps Marathon expo was Arctic Ease (\$8.99 for three pads, \$11.99 for a wrap, Arcticease.com). The company's motto — "It's an ice bag without all the ice. Or bag." — sums up the general idea. It's an Ace bandage-esque material that easily adheres to your skin and lowers its temperature by about 20 degrees through the magic of science. Although it's meant for therapeutic use, it could also come in handy next August.

In Your Hands

With Krankcycles, even people with lower-body injuries can work up a sweat

Equipment

"Go into any health club," instructs Jonathan Goldberg. "You're not going to see anyone cruising around in a wheelchair and having a good time." But Goldberg has plans to change that with his Krankcycle. It's a machine that lets you turn a flywheel with your hands instead of your feet, making cardio conceivable for people with lower-body injuries.

It's a simple idea. Similar hand cranks, usually called upper body ergometers (or UBEs), have been fixtures in the rehab world for years. But Goldberg gussied up the standard equipment so that

Even healthy athletes could Krank to boost their upper-body strength.

it's more adjustable and the arms move independently, allowing for a variety of movement patterns. "And it looks like it's something from outer space," he adds.

Most importantly, however, he's introducing it to gyms around the world as the next innovation in fitness. That has some real weight, given that Goldberg is better known as Johnny G, the guy who invented Spinning. When he launched cycling in a group exercise format more than 20 years ago, it was a revolutionary notion — in many ways.



COURTESY KRANKCYCLE

Instead of handle bars, users grasp the crampoms, which move independently.

With Kraning, which had its formal debut last year, Goldberg says he's making an even greater contribution to the industry and society. "It realistically expands the scope of possibilities for individuals who couldn't participate before," he says.

Even for individuals who could, there are clear benefits from the equipment. Goldberg points out that the other pieces it joins in the cardio section of a club — treadmills, steppers, recumbent bikes — are all lower-body intensive. "Very little work by the average person is done by the upper body," he adds.

But if you're cross-training by adding a Krankcycle to your routine, you're giving extra attention to your biceps, triceps, chest and upper

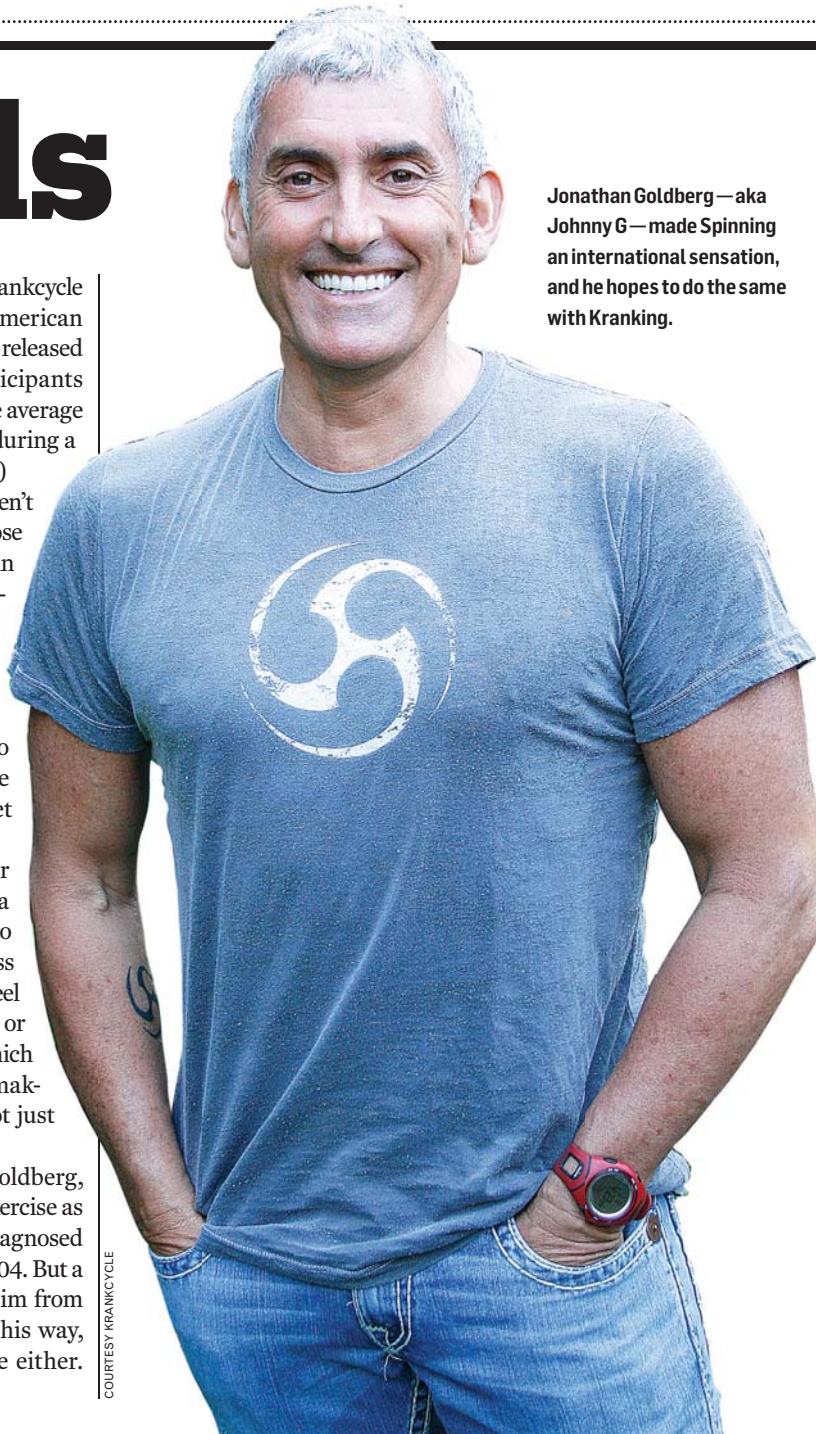
back, which helped the Krankcycle earn high marks in an American Council on Exercise study released a few months ago. (Participants also burned an impressive average of nine calories a minute during a half-hour Kraning class.)

Because most people aren't as accustomed to using those muscles, and certainly not in that rotation motion, Goldberg admits there's an initial awkwardness. "But then when you get the flow, you can go on a journey," says Goldberg, who adds you'll soon have the same sensation riders get on his bikes.

Just like the Spinner bikes, Krankcycles feature a resistance knob you turn to up the intensity. So, in class settings, each person can feel comfortable to work at his or her own level of ability, which Goldberg says is key to making "inclusive fitness" not just a buzzword, but reality.

That hits home for Goldberg, who hasn't been able to exercise as strenuously since being diagnosed with a heart ailment in 2004. But a disability won't prevent him from exercising, and if he has his way, it won't stop anyone else either.

VICKY HALLETT (EXPRESS)



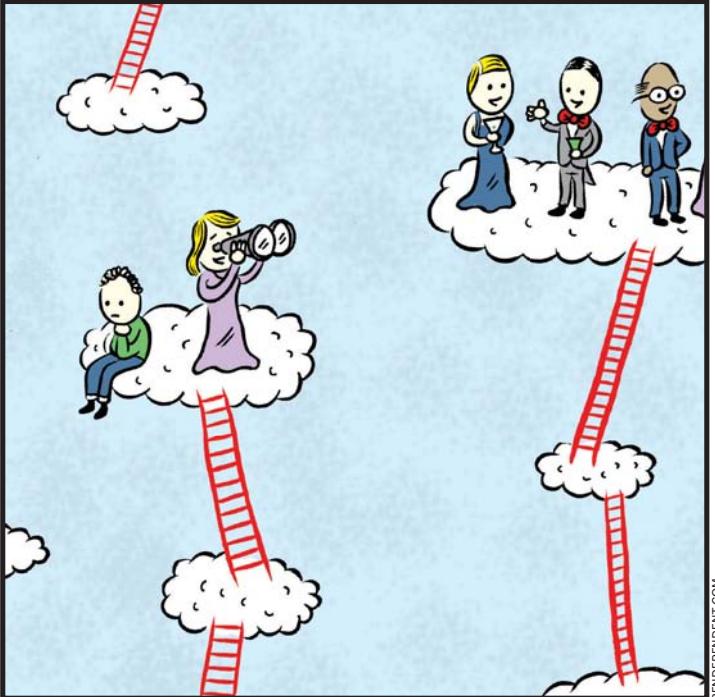
Jonathan Goldberg—aka Johnny G—made Spinning an international sensation, and he hopes to do the same with Kraning.

Main Event

Krank for a Cause

Because the Tysons Corner Sport & Health (8250 Greensboro Drive, McLean; Sportandhealth.com) is the first gym in the region to introduce Kraning, it'll be hosting "Sweat for a Vet" (Sweatforavet.kintera.org) this Saturday from 10 a.m. to 1 p.m. The event — featuring creator Johnny G, above — is aiming to raise \$100,000 to buy Krankcycles and other exercise equipment for Bethesda Naval Hospital and Walter Reed Army Medical Center. Join in at one of the other 23 clubs in the chain for \$25 per hour. At Tysons, participants have a \$50 fee, plus a \$250 fundraising commitment. (Disabled participants, however, are welcome to get Kraning for free and will be provided with transportation to the club. Contact Sport & Health for more information.)

baggagecheck



Sounds Like A Piece of Work

Q

A former co-worker who I stopped speaking with since I left my job has suddenly decided to communicate with me. When we worked together, she was fun but had a quirky side to her that rubbed me the wrong way. I know she wants to make amends and start on a clean slate, but my fear is that if I do, she will go back to her old ways. What should I do? **GHOST OF OFFICE PAST**

Hmm. So, quirky equals bad? Thousands of Comic-Con attendees will be so disappointed!

Give her a chance if you want to for the time being, without worrying about how she might behave in the future. Why burn a bridge, or even just prevent it from being built? You have the luxury to take every communiqué as it comes, and you can pull the plug (gently and respectfully, of course) at any time. Plus, now that you no longer work together, you may very well find that she's easier to take, as the doses are naturally smaller and more at a distance.

Of course, her sudden appearance can also signify that she's about to hit you up for something. So, give her a shot, but with caution.



By Dr.
Andrea
Bonior



Send your mental health and emotional wellness questions to Andrea Bonior, Ph.D., at baggage@readexpress.com. This column is not a substitute for one-on-one care.

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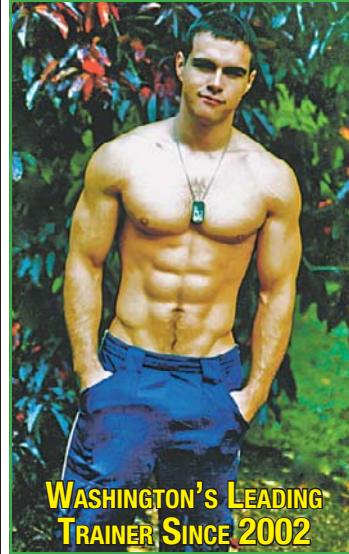


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Questioning Your Status

Q

My girlfriend is a social climber. She's always been concerned about status, and who knows who and who has access to what. She has a lot of wonderful qualities, and we enjoy being together when she isn't trying her best to show off. But what are the odds of her staying with me? **BOYFRIEND ON THE HILL**

You might think the future of your relationship depends on whether she's willing to stay with you rather than "trade up." But it also rather significantly involves whether you are willing to believe that her wonderful qualities outweigh her less-attractive ones.

If you have doubts as to whether she values you as the person you are, that's a problem in and of itself, whether she schemes to

replace you later or not. Ask yourself where you think her status obsession is coming from: Is it professional ambition? A lack of self-esteem? A superficial worldview that's rather skewed about what matters in life? That answer will get at who she really is. Bottom line: It's about you and her in the here and now — and whether you like who you are when you're with her.

Event Horizon

On the Trail

Take a slow 5K through history with the launch of the Tenleytown Heritage Trail this Saturday. Just swing by the Fort Reno Bandstand between 1 p.m. and 4 p.m. to pick up a map of the newly designed route, which is marked with 19 sidewalk signs telling the history of the 'hood that built up around John Tennyson's tavern. Another fun fact: Kermit the Frog's career got started a few blocks away. Get more details at CulturalTourismDC.org.

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Huddle Up For Advice

Celebrity trainer Tracy Anderson tackles football fans' fitness

Interview

Ask almost any celebrity — including Madonna, Gwyneth Paltrow and Gisele Bundchen — about the secret to staying in shape, and you'll probably hear about the Tracy Anderson Method. The exercise guru's groupies flock to her New York and L.A. studios, where clients are put through grueling 90-minute sessions of muscle moves and dance aerobics to achieve the goal of being "teeny tiny."

So, it may be surprising to see

Anderson celebrating large men. But her 12-year-old son is an Indianapolis Colts fanatic, and that means she is, too. See her this Saturday at the National Harbor, where she'll be hosting the debut of the NFL Fit for You 5K (info at Women.nfl.com).

How do you think NFL players would like your workout method?

If they put some of my moves into their training, they'd be less prone to injury. It improves speed and agility, and knowing how to use your body. We're conditioned now to just use our large muscle groups.

What's a sample Tracy move?

Take a regular butt lift. But then I'll ask you to lift one hand and balance



COURTESY NFL

Tracy Anderson's a big fan of Play 60, the NFL's campaign to get kids active.

on the other hand, so that there's an element of instability. When you do that, people always say, "I didn't realize I was so weak."

"Three days a week isn't enough. We need to move the body six days a week for the rest of our lives."

Why don't you recommend using weights over 3 pounds?

Because our own bodies are incredibly powerful. In compromising positions, you don't need any more weight. I have a few well-known men I work with who can't make it through my workouts without weights. Although with men, I'll let them go up to 5-pound weights. And I've developed resistance bands that require more strength. But it's not ripping and repairing the muscle, which builds bulk.

Are you going to run on Saturday?

I will launch the 5K, but I might dance it instead of run it. I don't agree with working the same joints again and again. It just over-

empowers large muscle groups. To me, running isn't where it's at.

What if you're no good at dancing?

Gwyneth Paltrow is my business partner and an amazing ambassador, and she was the worst dancer ever. But she took the time to learn it. And once you learn the combinations, they will last you forever.

What's the toughest part of mastering your method?

The hardest part is to wrap your mind around what we haven't been told. Three days a week isn't enough exercise. We need to move the body six days a week for the rest of our lives. I have a son and run a company, and I'm not a genetically tiny girl. But my body and health mean a lot to me. So, if it's 9 p.m. and I still haven't exercised, I know I have to get in that 45 minutes of dance aerobics. You can't let your health be the thing you let go. It's not selfish to work out, and your kids need to see that. It's like brushing your teeth. VICKY HALLETT (EXPRESS)

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Since then, they've been working out with their trainers one day a week, and applying the principals of Gold's Gym's Five Components of Fitness to guide their daily program. So how are they doing?

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THE COUPLE: CAMILLE & JERRY

Prior to the Challenge, Camille suffered from insomnia and always felt sluggish. Five weeks into her new fitness routine, she's "sleeping like a baby, bursting with energy and feeling great!" She's also discovered a new passion at the gym: Cycling class.

Jerry is also feeling "awesome." He's stronger, more alert, and already the lightest he's been in years. He's still occasionally tormented by dark thoughts of cheeseburgers, but he's finding it easier to resist with every passing week. Jerry looks forward to experiencing even more positive changes over the next five weeks.



*In the event of no weight loss, or a less than 1% weight gain, contestants receive 0 points. Over 1% weight gain, contestants lose points proportional to their percentage of weight gain.



THE CO-WORKERS: MATTHEW & SAL

Sal credits Gold's Gym's diverse offerings for keeping him engaged and motivated. "It keeps things interesting to go to Cycling class one day, work out with our trainer the next, and try BODYCOMBAT another day." He also credits his trainer, Tasha, and the GGX instructors for helping him learn to exercise correctly. "I'm actually enjoying working out now, it no longer feels like a chore."

Meanwhile, Matthew is discovering belt holes he's never used before. He's still socializing at happy hours, but now he's drinking water.



ABU, JOY & GINA

THE SISTERS: GINA & JOY

During her first week in the gym, Joy felt exhausted, overwhelmed and ready to give up. Five weeks later, she's running farther than she ever has before on the treadmill. "I never thought I'd say this, but I actually love going to the gym now! I feel so happy, energized and hopeful. For the first time something is working."

Gina is full of enthusiasm and energy. She's taking multiple classes on most days and feeling "stronger, slimmer, more beautiful and more confident" with each passing day.

Want to tone up for the holidays?

Get a free 7-day VIP membership to Gold's Gym at www.goldsgym.com/dc.

Follow the pairs on Facebook.
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Points are awarded weekly for weight loss and competitive challenges.*

CHALLENGERS	Previous Weight	Current Weight	Total Weight Loss	PAIR POINTS
MATTHEW	325	321	-38	33
SAL	217	214	-20	
GINA	159	155	-25	33
JOY	186	184	-17	
CAMILLE	197	195	-13	
JERRY	246	245	-15	17

A black and white photograph of three people in a gym. On the left, a man in a dark t-shirt and shorts is smiling. In the center, a woman with her arms raised is smiling. On the right, another woman is laughing. They appear to be in a group fitness class.

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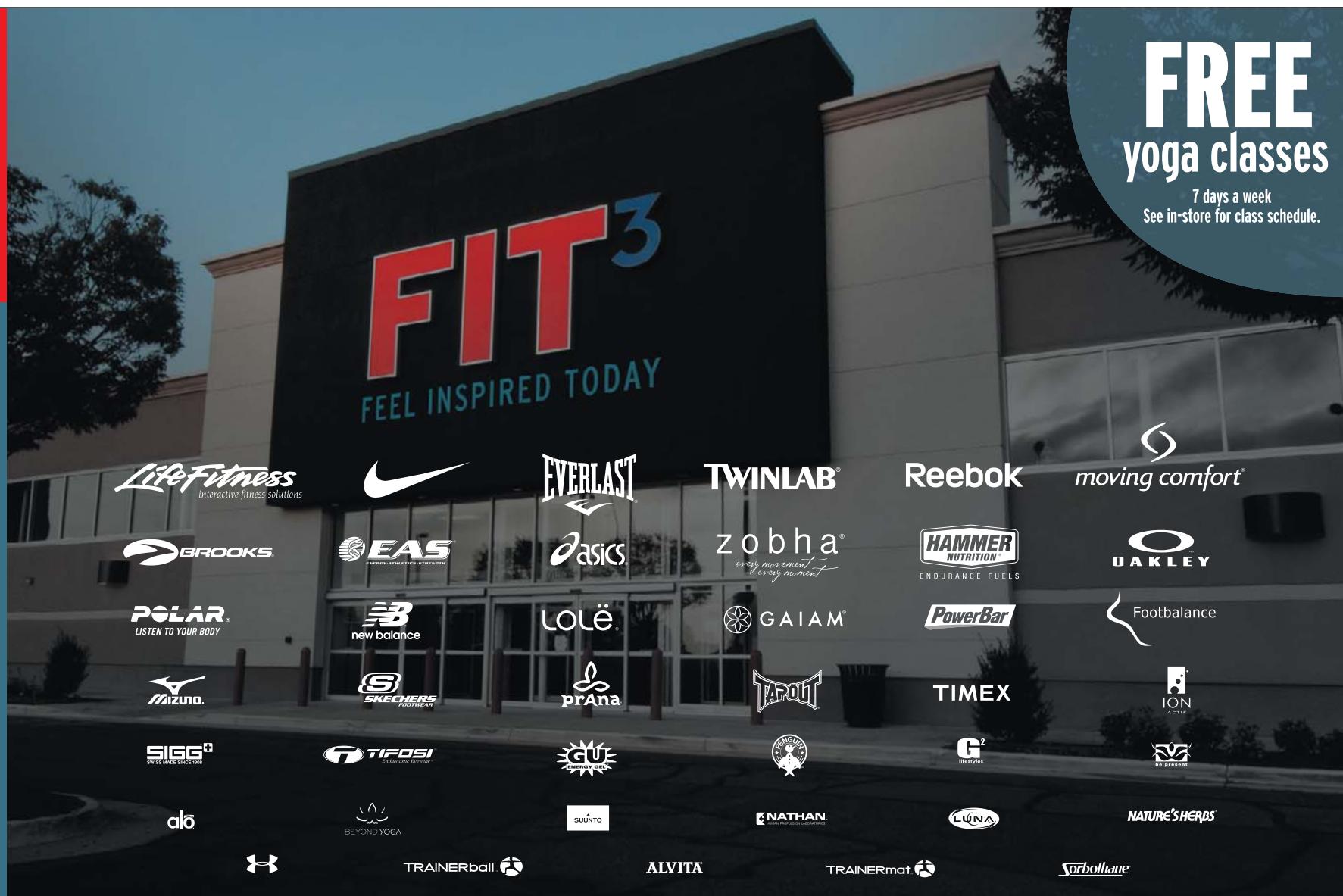
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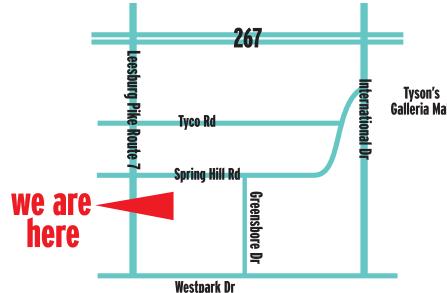
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Sickness

We've assembled the latest research on how to arm your immune system so it'll strike at the first tickle in the throat. Or immediately after a suspicious double sneeze. Or right after that vague, blah feeling begins creeping in. In the past, we've always allowed the cold virus to establish a beachhead in our bodies before fighting back. This time, the second it lands, we hit, and we hit hard.

Eat Breakfast

Woke up sick and tired? Research shows that the right morning meal can help quash the cold virus. In a recent study from the Netherlands, researchers analyzed the impact that consuming a 1,200-calorie breakfast has on a man's immune system, versus eating nothing at all. They found that eating big and eating early increased blood levels of gamma interferon, a natural antiviral agent, by 450 percent. (Going hungry actually caused a 17 percent decrease.)

More research is needed to determine whether fewer calories will have a similar effect, but in the meantime, shoot for 1,200 calories every morning until your cold symptoms disappear. Not, however, 1,200 calories of pancake syrup.

Stress Your Symptoms

When Ohio State University researchers had 34 men either take a 12-minute memory test or watch a 12-minute video of sur-



gical procedures, they found that the test-takers' levels of SIgA, a key immune-system protein, shot up dramatically. (The SIgA levels of the guys who saw the gore went down.)

The moral of the study: Expose yourself to short-term stress, the kind you have some control over, and you'll supercharge your immune system. "Stress response is a normal protective coping mechanism," says Jos A. Bosch, the study author. "The body prepares itself for potential harm and activates its immune resources."

To use stress as medicine, Bosch suggests taking on a small extra project at work or helping a co-worker with a task. Already swamped? Play a video game when you get home; Bosch found that Xbox stress can also boost SIgA levels.

Take on an extra small project at work to reap the benefit of stress — a supercharged immune system that wants to fight off potential harm.

Brew the Cold Killer

Swap your 3 p.m. coffee for a caffeine-toting cold buster: green tea. When Canadian researchers added green tea to lab samples of the adenovirus (one of the bugs responsible for colds), they found that it stopped the virus from replicating. All the credit goes to EGCG, a chemical compound found in certain kinds of tea, but in the highest concentrations in green tea.

The best brand to brew? Tetley; it was one of the most effective in the study. Note: To brew the maximum amount of EGCG, boil a mug of water in the microwave, toss in a tea bag, and let it steep for 10 minutes. Sweeten with honey.

Get to Bed

According to Michael Irwin, M.D., a psychiatrist and sleep researcher at UCLA, if the amount of sleep you're logging decreases by 40 percent or more (for instance, you sleep four hours instead of the usual seven), the effectiveness of your immune system will decline by 50 percent. And for the immune system to operate at full strength, you'll need to sleep a straight eight, the amount shown to produce the highest levels of "natural killer cells," which attack viruses.

Work It Out

In a recent University of Massachusetts study of 547 people, researchers found that the most physically active people had 25 percent fewer upper-respiratory infections over the course of a year than did the couch potatoes.

Researchers believe that exercise may strengthen immune function, in part by increasing the body's production of white blood cells. That said, it is possible to sweat yourself sick. (Marathon runners are at a greater risk of upper-respiratory infections after a race.) So, do what the study subjects did: Aim for 60 to 90 minutes of moderate activity daily, with walking counting just as much as weight training. JAMIE BECKMAN

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Recipe File



BASMATI-ALMOND RICE PUDDING WITH MANGO

Start to Finish: 50 minutes

Ingredients

- 1 1/2 cups water
- 3/4 cup white basmati rice
- 1 teaspoon kosher salt
- 4 1/2 cups vanilla-flavored almond milk, divided
- 1/4 teaspoon ground cardamom
- 1/2 cup chopped, dried mango
- 4 teaspoons cornstarch

Makes Eight Servings

In a medium saucepan over medium-high, combine the water, rice and salt. Bring to a boil. Cover and simmer over very low heat, stirring occasionally so the rice doesn't stick, until most of the water is absorbed, eight to 10 minutes.

Stir in 3 1/2 cups of the almond milk, the cardamom and mango. Increase the heat to bring the mixture to a boil. Reduce to a simmer and cook, uncovered, stirring occasionally, until the rice is very soft and most of the milk is absorbed, 25 to 30 minutes.

In a bowl, whisk together the remaining 1 cup of almond milk and the cornstarch. Whisk the mixture into the pudding. Simmer, stirring occasionally, for another five minutes. Serve warm or at room temperature. (AP)



Body of Work: Bronze figures frozen into yoga poses and wooden sculptures of dumbbells are among the pieces displayed in "Claudia DeMonte: Everyday Matters," a new exhibit at the American University Museum (4400 Massachusetts Ave. NW; free, through Dec. 12; American.edu/cas/museum). The "luxury of exercise" is a popular theme for DeMonte, an artist known for studying the roles of women around the world. Ask her about the fetishizing of fitness objects when she gives a gallery talk this Saturday at 5 p.m. v.h.

138 calories; 14 calories from fat (10 percent of total calories); 2g fat (0g saturated; 0g trans fats); 0mg cholesterol; 29g carbohydrate; 2g protein; 1g fiber; 238 mg sodium.

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Open Enrollment

express NOVEMBER 2010



A close-up photograph of a silver stethoscope resting on a pile of US dollar bills. The bills are of various denominations, including \$20 and \$50 bills. The background is slightly blurred, creating a soft focus effect.

2011
BENEFITS
GUIDE

To Your Health

It's time for workers across the country to think — really think — about health insurance. Open enrollment has started for many employer-sponsored benefits plans that renew their coverage Jan. 1. Next year's plans may include free preventive care and other changes, thanks to the health care law Congress passed earlier this year. They also are likely to come with a higher premium for employers and employees to pay. Here's what you need to ponder before making your decisions.

Open Enrollment

Time for a Change in Plans?

What you need to know about how your health care coverage may shift this year

Decisions

Here are five questions to consider as notices from your human resources department about changing or adjusting benefits start trickling into your e-mail inbox.

1 Is my plan still right for me?

Don't blow off open enrollment without at least looking at your coverage to make sure it still fits. Unless you get divorced or have a child, this may be your lone chance of the year to adjust your benefits.

"A lot of people just default into whatever plan they've always been in, and you don't want to be caught by surprise if there are changes in your plan you could have known about during open enrollment," said Tracy Watts, a partner with the benefits consultant Mercer.

Consider switching to a high-deductible plan if you're young and healthy, and a sizable percentage of your paycheck goes to insurance. These plans come with premiums that are lower than traditional insur-



Study your health care plan options because significant savings could be at stake.

ance, but patients pay more out of pocket on medical expenses before their coverage kicks in.

They can be especially attractive if an employer pairs them with a health savings account that lets the patient save money before taxes for expenses. But before committing to the high-deductible route, think about whether you can handle the higher out-of-pocket costs.

People who have regular prescriptions should check for price

changes. Employer-sponsored plans can have tiers or preferred status for drugs, and a move to a different tier affects pricing.

2 Should I start or renew my flexible spending account?

Flexible spending accounts, or FSAs, let employees set aside pre-tax wages for medical expenses not covered by insurance, but that money must be used in the year in which it is set aside or it is forfeited.

People with regular medical expenses such as prescriptions or contact lenses are good candidates for FSAs, said Nancy Metcalf, a senior program editor with Consumer Reports Health. FSAs also can help pay for big-ticket items such as braces and hearing aids.

Starting next year, over-the-counter medicines will not be covered by FSAs unless a patient has a doctor's prescription.

3 How will the health care overhaul affect my benefits?

Insurers will be required to cover preventive care such as immunizations without charging co-payments or other forms of cost sharing. Lifetime limits on the dollar value of coverage will be prohibited. And adult children up to age 26 will be eligible to receive dependent coverage.

Your plan may not automatically include all these new elements, however. Coverage that existed before March 23 and hasn't changed substantially may be grandfathered, in which case the plan will not have to offer the preventive coverage. Your employer will tell you whether a plan has been grandfathered.

Watts estimates that these

changes from the new law could increase premiums by 2 percent or 3 percent, but that will vary.

4 Aside from the overhaul, how will benefits change?

Employers have been asking workers to share more of the cost for their coverage through higher premiums, deductibles or co-payments, or by paying a greater percentage of coinsurance, which is what a patient pays for a medical service after a plan deductible is met. Watts said they've seen this trend develop for several years.

More employers also are adding incentives to their benefits programs, so look for those. Your company may ask you to take a health-risk assessment and dangle a break on your premium or a contribution to your health savings account as motivation to get you to do it.

5 How much are premiums rising next year?

Mercer says health care costs are expected to rise between 9 percent and 10 percent next year, but employers expect to keep premium increases to about 6 percent on average. They've increased about that percentage every year for the past five years, Watts said. (AP)

DON'T CUT CORNERS

Did you cut back on your health care spending last year? Some penny-pinching is fine, say experts — go ahead and use store-brand ibuprofen instead of Advil — but other cutbacks are risky. Here are four essential healthy habits you should definitely continue, plus ideas to make them more affordable. AMY LEVIN-EPSTEIN (REPRINTED WITH PERMISSION OF PREVENTION © RODALE INC.)

1. Get a biennial Pap test and mammogram. Both tests cost \$50 to \$200 without insurance, but it costs about \$2,300 out of pocket annually to treat breast cancer, even with health care coverage — and late-stage cancer costs much more. Get a free or low-cost Pap at Planned Parenthood and a mammogram at a mobile mammography van.

2. Take your meds as prescribed.

Financial woes, like any stressor, can impair health, so don't risk aggravating a chronic condition by cutting back on meds. Ensuring complications could cost as much as \$2,000 in doctor visits and health care annually, according to the National Council on Patient Information and Education.



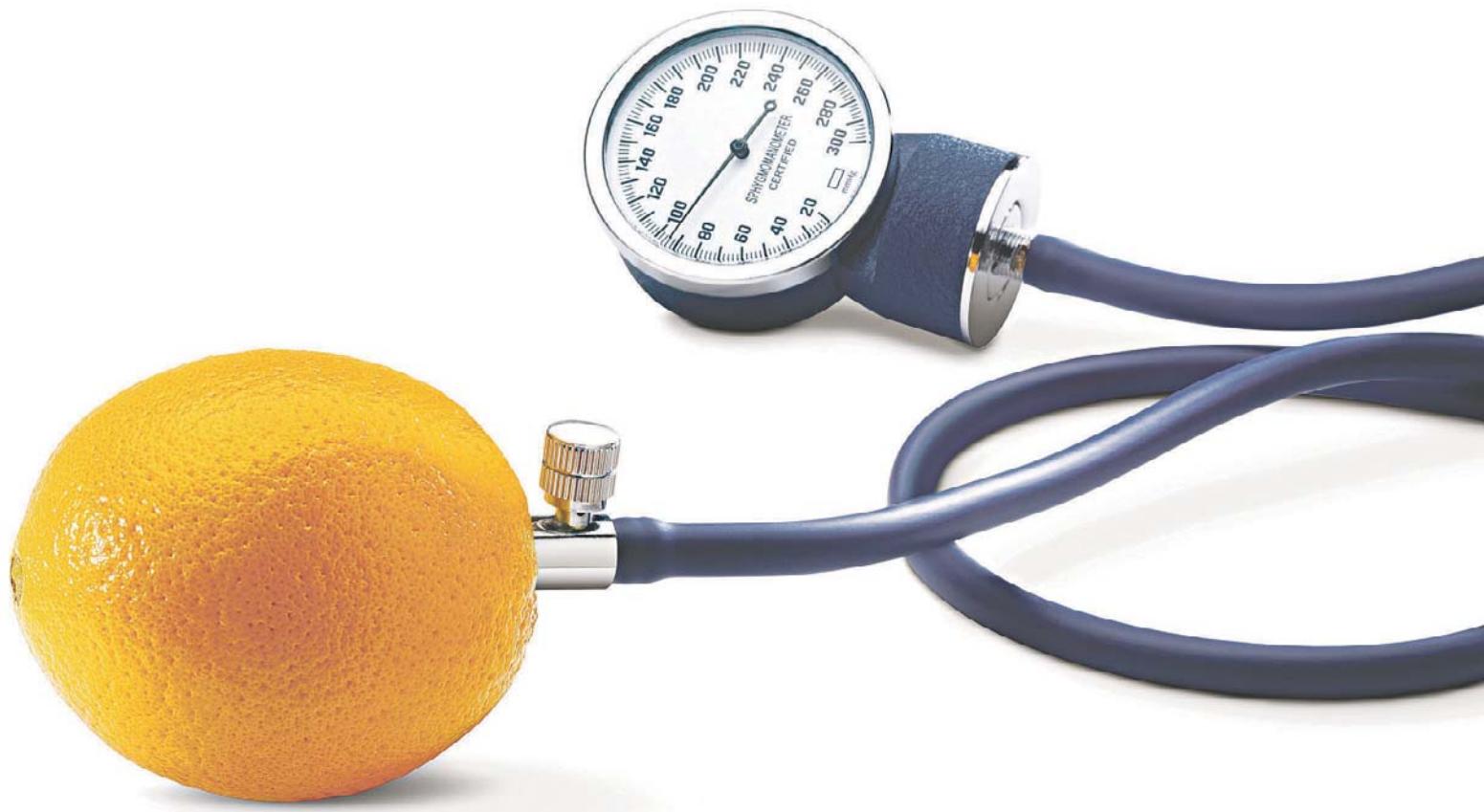
3. Replace your contact lenses on schedule.

By wearing lenses longer than recommended, you increase your chances of an allergic reaction and a corneal ulcer. "A pair of daily lenses costs about a dollar, while health care treatment for an eye infection costs \$50 to \$100 for medication, plus multiple doctor visits," says Charles H. Bailey, an optometrist at the University of California Berkeley. Bulk purchases can save you 20 percent.

4. Use sunscreen.

Five or more sunburns across your lifetime doubles your risk of melanoma, which can cost more than \$9,700 to treat in later stages and increases your risk of other cancers, too. Americans spend an average of \$30 a year on sunscreen — a small price to pay for such essential protection.





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Open Enrollment

A Huge Victory for Mental Health Care

A new law requires the same coverage as for physical ailments

Legislation

As anyone who has ever sought help for addiction, depression or any other mental illness knows, insurance coverage is often skimpier than coverage for a physical malady. Plans typically limit the number of therapy visits they'll pay for, and they may also impose separate deductibles for mental health and substance abuse services and require higher out-of-pocket contributions from patients.



ISTOCKPHOTO

Advocates think the changes to mental health care will improve treatment.

But under the Mental Health Parity and Addiction Equity Act, which took effect this year, the mental health and substance abuse benefits that a health plan provides have to be just as generous as its

coverage for medical and surgical treatments. The law does away with different co-payments, deductibles and visit restrictions.

"These financial equalizers will be very helpful to families

that have not been able to access care before," says Katherine Nordal, executive director for professional practice at the American Psychological Association.

Plans are not required to provide mental health or substance abuse coverage, however, and they can also determine that they will not cover specific disorders. The regulations on parity went into effect July 1, so in most plans the changes become effective when they renew their coverage after that date.

The parity law doesn't apply to plans at companies with 50 or fewer employees or to individual health insurance policies. But the new health care overhaul law

will pick up the slack. Under the law, health plans sold through the state-based insurance exchanges that will begin offering coverage in 2014 must include mental health and addiction benefits that are on par with a plan's medical benefits. The exchanges will be open to individuals and to small businesses with 50 or fewer employees.

Advocates say they are pleased on the whole with the laws. But they are watching closely to see whether plans try to erect roadblocks to treatment by claiming it's not medically necessary, for example, or requiring that someone get preapproved before receiving services. MICHELLE ANDREWS (THE WASHINGTON POST)

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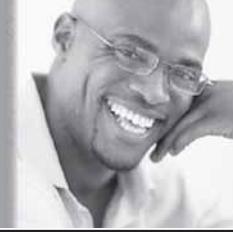
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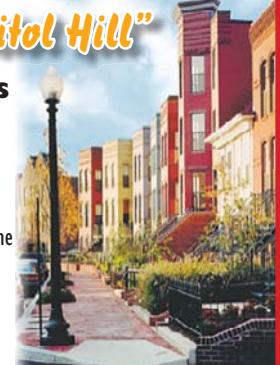
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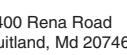
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Sound Bets



AMES SHARROCK

Lilith, Fair and Foul

In Jewish mythology (and feminist studies), Adam's first wife, Lilith, is a strong woman who left her husband because she refused to be subservient. Then again, she also ran off with Samael the serpent and birthed thousands of evil-spreading demons.

Cradle of Filth's new concept

album, "Darkly, Darkly, Venus Aversa," takes elements from both sides of Lilith's story for a tightly constructed horror-movie-as-music tale.

Cradle of Filth plays orchestral black metal that evokes a constant state of crescendo — and can be as fatiguing as a demonic possession. But what makes Cradle a rewarding band for fantasy fans are the narratives by vocalist Dani Filth. He's a smart man whose interests include 19th-century literature; the poetry of Coleridge, Byron and Shelley; supernatural fiction by H.P. Lovecraft and Arthur Machen; and British gothic-horror movies by Hammer Films.

Unsurprisingly, horror portal FEARnet.com is sponsoring Cradle's upcoming U.S. tour on March 6. Baltimore's Bourbon Street Ballroom is the closest the band will be to D.C., but it's worth the drive to see Filth scream his sonic horror flick in the corpse-painted flesh.



Product Placement: Don't get too excited yet, because it's not due out until December 2011, but there's a new "Muppets" movie in the works, according to Entertainment Weekly. Besides the usual cast of characters, the film will include a new Muppet: a naive 20-something smartphone user and "Everyuppet" named Walter, left, who also happens to be a fan of the Jim Henson-created franchise. (EXPRESS)



A Whole New Person

Dina Lohan says rehab has been 'life-changing' for her daughter 55

Ode to Idiosyncrasies

Cee Lo Green delivers catchy, swingy soul and pop on his quirky solo 'Lady Killer' disc

Album Review

Nobody calls you "baby" quite like Cee Lo Green does on "Satisfied," a track off his new solo album, "The Lady Killer" (Elektra). Cee Lo intones that most common of pop-song affections deep in his peculiarly grainy register, savoring those



The Lady Killer

Cee Lo

hard B's and drawing out the vowels. He even gets away with rhyming "baby" with "maybe."

Whether as a solo artist or as one half of Gnarls Barkley, the Georgia native filters age-old pop conventions through his own eccentric personality, and they come out fresh. Moving further away from the Southern hip-hop sound he helped pioneer in the early 2000s, "The Lady Killer" (Green's first solo joint in seven years) is steeped in '60s pop, all tuxedo-dapper strings, loungey piano, John Barry horns and backbeat-heavy rhythms. And yet, he never sounds like a revival-monger or nostalgist.

In fact, as "The Lady Killer" makes clear, Green's just an artist with an idiosyncratic approach to pop music — and a lot of music history stored in his mental Rolodex.



Cee Lo's outsized personality and old-school style distract from some flimsy rhymes and confusing lyrics on "The Lady Killer."

Covers

'If I Was Richer ...'

File this under weird and weirdly entertaining cross-promotions. On a very special (OK, just a normal) episode of "Glee" next Tuesday, Gwyneth Paltrow will perform the explosive-free version of Cee Lo's "F*** You," according to Entertainment Weekly. (EXPRESS)



dex. That can compensate for shortcomings, but it also elevates lesser material, including the blanks-firing "Love Gun" or the head-scratching murder mystery "Bodies."

His boldness lets him get away with stuff that other singers couldn't pull off. From any other artist, the lead single, "F*** You," would come off too caustic to be enjoyable, but Green manages to position it in a long line of old soul hits, from "Tracks of My Tears" to "Gold Digger."

"The Lady Killer" is an album about the battle of the sexes, a theme that really gets old only on the disc's two bookending tracks. In between, Green toggles between the exciting possibilities of the club

and the rewards of monogamy.

Committing himself to the happiness of one special woman on "Satisfied," Green crafts the best Prince hook in 20 years, then gives it to his backup singers. He admits his own shortcomings on "Crybaby," berating himself for being careless "just like all the other guys."

By the time he gets around to covering Band of Horses' "No One's Gonna Love You," he's decided that love is both salvation and damnation. His version of the indie-rock anthem is wobbly, and the sentiment is so common in pop music as to be threadbare. But Green manages to sell both on sheer force of personality alone. STEPHEN M. DEUSNER



Comments? Give Christopher your feedback: expressnightout.com/soundbets

Compiled by Fiona Zulin. For more upcoming events, follow the Top Stops blog at expressnightout.com/topstops.

[expressnightout.com lookout](http://expressnightout.com)

top
stops



1 Appalachian Spring

We know Sigur Ros' Jonsi is the headliner, but we might leave after opening band Mountain Man's lovely bluegrass stylings are finished. The three female singers (ooh, the band name is ironic!) blend their voices in gorgeous, unexpected ways that sound ancient but are clearly influenced by modern music. It's pretty cool to hear. **9:30 Club, 815 V St. NW; Mon.-Tue., 7 p.m., \$35; 202-265-0930. (USt.-Cardozo)**

2 It Gets Better

Speakeasy DC's regular open mic gets topical this week with a series of stories about bullying. As usual, some will be uplifting, some will be upsetting — this is the real-life, D.C. version of "This American Life," but without that nasal, oddly-seductive guy in the glasses. **Town Danceboutique, 2009 8th St. NW; Tue., 8 p.m., \$10, \$20 includes a dinner buffet; 202-234-8696. (Shaw)**

3 Rave Reviews? Or Just Rave?

After canceling about a hundred times, electropop duo La Roux is finally coming to the 9:30 Club. We'd be mad about all the false starts, but we're just so excited to dance that we can't really think about anything else. Break out the glow sticks and the ripped T-shirts. If you missed out on their show a Rams Head last week, now's the time to see them closer to home. **9:30 Club, 815 V St. NW; Wed., 10 p.m., \$20; 202-265-0930, 930.com. (USt.-Cardozo)**

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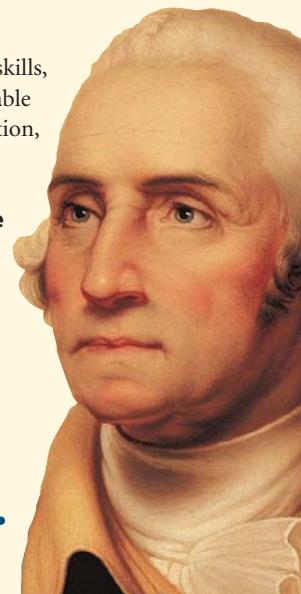
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lookout entertainment



Fans of the expressive Rupert Grint can see him take on a new role in "Wild Target."

After a Decade, Ron Moves On

Rupert Grint carefully explores different roles as 'Potter' ends

Personalities

Rupert Grint has mixed feelings about moving on after nearly a decade playing Harry Potter's trusty sidekick, Ron Weasley.

"It doesn't quite seem real," he says by phone from England.

With the exception of a few last-minute tweaks, plus a worldwide publicity tour, Grint, 22, and his cast mates have pretty much wrapped "Harry Potter and the Deathly Hallows," which is based on the final book in the J.K. Rowling series. Part 1 hits theaters Nov. 19.

Red-headed with a round, sometimes comically expressive face, Grint proved to be the perfect wing-man — easily frightened yet loyal — to Daniel Radcliffe's Harry Potter. Emma Watson provided the third element of the heroic trio.

"When you make films together, you get to know each other quite well, and we are good friends,"

"When you make films together, you get to know each other quite well. We'll definitely keep in touch."

Grint says in his understated way. "We'll definitely keep in touch."

With his ample earnings from playing Ron Weasley, Grint can afford to be choosy about future film roles. He reportedly earned \$30 million for "Deathly Hallows."

Before starting "Deathly Hallows," Grint made a crime caper called "Wild Target," based on a 1993 French comedy. After opening in Britain, the remake is hitting U.S. theaters on the eve of the new "Harry Potter" release.

Grint plays Tony, an innocent parking lot attendant who gets caught in some criminal business. He relished the opportunity to play such a different character.

"I suppose it was the most adult role I've ever played," he says. ANGELA DAWSON (ENTERTAINMENT NEWS WIRE)

\$161M

The amount of money Warner Bros. plans to spend to buy and expand England's Leavesden Studios, where the "Harry Potter" films were made, the company said Monday. Chairman and chief executive Barry Meyer said the investment will give Warner Bros. a full-time production base in Britain. (AP)

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It's not enough to just sing; Ireland's Julie Feeney also writes, composes and conducts.

The Emerald Isle's Original

Julie Feeney invites comparisons but resists most labels

Performers

Steve Earle wailed about a raven-haired Galway heartbreaker, but what's a fella to do when that same chick's rocking a midi-synthesizer and Regina Spektor pipes?

Enter Julie Feeney, a one-woman Irish force who's not spouting traditional tunes at some Guinness-fueled tourist trap. In town Tuesday to perform her self-styled brand of chamber-pop at Gibson Guitar Room, the polymath wowed Ireland and greater Europe with her award-winning DIY bravado. Called "an innovator and original" by the Irish Times after releasing her first album, "13 songs," Feeney mixes pop strings with sunshiny ballads, swinging between Baroque pop and anti-folk.

On her second album, "Pages," she stretches the singer-songwriter label by both composing, then conducting, her accompanying orchestra.

"I'm a composer-singer; that's the best way to label it," says the conservatory-trained Feeney. "I

write orchestral arrangements for classical ensembles, but it's still pop. It's still very much me."

The "me" is constantly present. Unlike collaborative pop and rock groups, Feeney works alone from concept to completion: "It's all I know how to do. I come from the classical world. I've never made music any other way."

But those strings seem second to her pure, choral sound (which she's showcased at Carnegie Hall). With her, the genres merge. Celtic chant meets electro-accordion pop. A bit Sara Bareilles — sans light rock doo-wop — she sets cheeky poems to simple ditties, making songs that resonate in Texas college towns and Brooklyn lounges alike.

Hers is a distinct voice, one not heard from the West of Ireland since Dolores O'Riordan took the Cranberries global. She chokes off echo, punctuating syllables the way only a student of sonology knows to do. She's a pro, but still wild, making her sold-out shows as eccentric as old-school Katy Perry concerts.

KATHERINE BOYLE (EXPRESS)

• *Gibson Guitar Room, 709 G St. NW, Tue., 8 p.m., \$25; 202-393-1006. (Gallery Place)*

TV tonight lookout

Best Bets

ABC
8:00

No Ordinary Family

The Powells must stop using their special powers when Stephanie's parents show up unexpectedly. They can't quite behave normally enough, however. Daphne helps Jim track down the thugs who invaded the home of their friend Trent (Jackson Rathbone, left).

FOX
8:00

Glee Finn and Sam start using an unconventional method for controlling their urges, and it spreads to other members of the glee club. They have some explaining to do, however, when Coach Bieste finds out.

FOX
9:00

Raising Hope Because the family doesn't have health insurance, Hope's cold sends Virginia into panic mode. Jimmy decides to take a second job to raise money for Hope's doctor visit.

ABC
10:00

Detroit 1-8-7 Stone, Sanchez and Fitch investigate the murder of a successful executive and attempt to determine whether the motive was business or a love triangle. Longford and Washington have a similar case that could be a crime of passion. (TRIBUNE MEDIA)



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THE FASHION SHOW

Project Big Fat Copycat

BRAVO
10:00

Not to be confused with "Project Runway," a show it all but copies, "The Fashion Show" returns for a second season with a dozen new designers under the tutelage of host Isaac Mizrahi, and co-host and model Iman, who exhibits a brittle beauty. The designers are divided into two houses, and each house must work together to produce a live fashion show in every episode. (UNITED FEATURE SYNDICATE/TRIBUNE MEDIA)

Guests



Fantastic Mr. Fox

Michael J. Fox guest-stars on "The Good Wife" (10 p.m. on CBS) as a brilliant attorney who uses his disability to sway a jury during a test case for a class-action suit against a drug company. Meanwhile, Peter wonders what tack his campaign should take with rising star Wendy Scott-Carr. Kalinda tries to stop a former friend from spilling her secrets to Blake in "Poisoned Pill." (TM)



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Horoscope

SCORPIO (Oct. 23-Nov. 21) A surprise situation moves more quickly than it should, but then many of the rules may not apply at this time.

SAGITTARIUS (Nov. 22-Dec. 21) You're after the kind of support that is rare, but it's possible for you to have what you want without giving up too much yourself.

CAPRICORN (Dec. 22-Jan. 19) You may be expecting something from yourself that you are not prepared to provide to yourself — at least not yet.

AQUARIUS (Jan. 20-Feb. 18) Someone asks a favor of you that seems routine enough at the outset, but later on things may become rather weird.

PISCES (Feb. 19-March 20) The information you receive can either serve to focus you or distract you, depending on how you use it.

ARIES (March 21-April 19) You may have to settle for less than you want — at first. Later, you can go back for more and complete your collection.

TAURUS (April 20-May 20) Avoid any knee-jerk reactions; focus on doing things in a way that promotes calm. Do what you can to strengthen the team.

GEMINI (May 21-June 20) You may receive inspiration from a most unlikely source, and eventually you'll realize that you can go back for more whenever you want.

CANCER (June 21-July 22) Take care that you're not charging forward without a care in the world. A certain amount of cautious forethought is necessary at this time.

LEO (July 23-Aug. 22) There is light at the end of the tunnel, but you're going to have to travel at a faster pace than usual if you want to reach it.

VIRGO (Aug. 23-Sept. 22) You may receive news that sets you back emotionally. Once you understand the implications, you can return to normal quickly.

LIBRA (Sept. 23-Oct. 22) Are you willing to give up something in order to gain something else tomorrow? More of these decisions will be required very soon.

Scrabble Grams

PAR SCORE 145-155, BEST SCORE 207

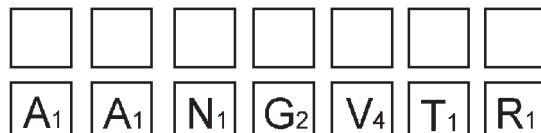


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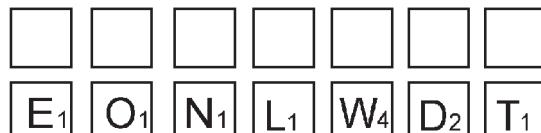


3rd Letter Triple

RACK 2



RACK 3



Double Word Score

RACK 4

Yesterday's Solution

E ₁	M ₃	B ₃	L ₁	E ₁	M ₃		RACK 1 =	12
S ₁	I ₁	N ₁	C ₃	E ₁	R ₁	E ₁	RACK 2 =	59
A ₁	L ₁	R ₁	E ₁	A ₁	D ₂	Y ₄	RACK 3 =	63
R ₁	U ₁	M ₃	P ₃	L ₁	E ₁	D ₂	RACK 4 =	74
							TOTAL	208

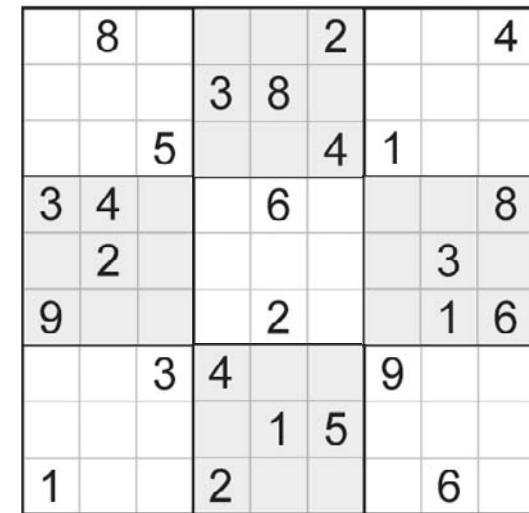
PAR SCORE 145-155

FOUR RACK TOTAL

Make a 2-7 letter word from the letters in each row. Add points of each word using scoring directions at right. 7-letter words get a 50-point bonus. Blank tiles used as any letter have no point value. Scrabble is a trademark of Hasbro in the U.S. and Canada.

Sudoku

MEDIUM



Yesterday's Solution

9	5	1	2	3	4	7	8	6
2	6	7	8	1	5	9	4	3
8	3	4	7	9	6	5	2	1
5	1	8	4	7	9	6	3	2
4	2	6	5	8	3	1	9	7
3	7	9	1	6	2	8	5	4
7	9	2	3	5	1	4	6	8
1	4	5	6	2	8	3	7	9
6	8	3	9	4	7	2	1	5

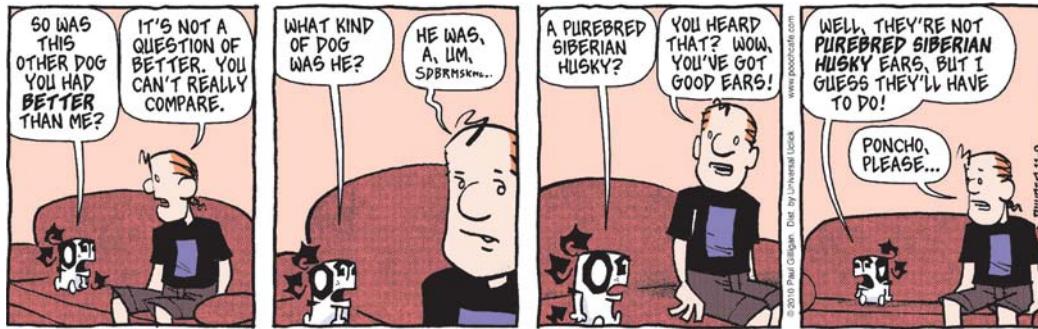
Need more Sudoku?
Find another puzzle in
the Comics section of
The Post every Sunday
and in the Style section
Monday through Saturday.

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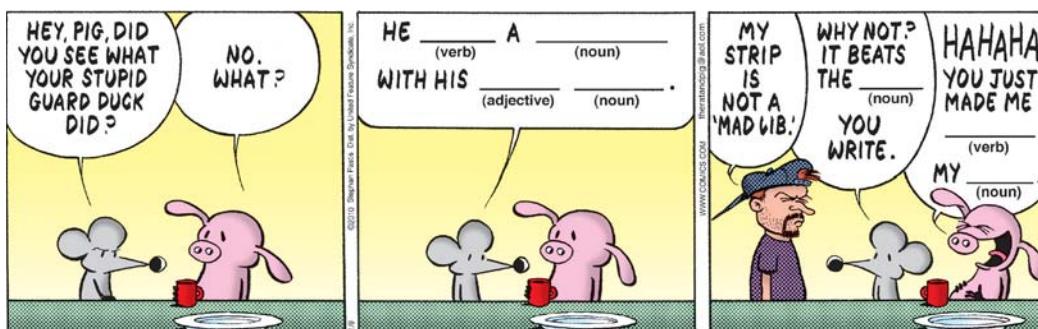
Comics

FIND MORE COMICS AT EXPRESSNIGHTOUT.COM

POOCH CAFE | PAUL GILLIGAN



PEARLS BEFORE SWINE | STEPHAN PASTIS



Forecast



58 | 44

Today: Partly sunny and breezy today. Clear tonight.



60 | 44

Tomorrow: Beautiful tomorrow with abundant sunshine. Clear tomorrow night.

Looking Ahead



THU FRI SAT

58 | 41 60 | 42 60 | 43

Sun and Moon

Sunrise today: 6:44 a.m.
Sunset today: 5:00 p.m.
Record high: 81
Moonrise today: 10:20 a.m.
Normal low: 42
Moonset today: 7:57 p.m.
Record low: 27

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The Rockville Vaccine Assessment Clinic (RVAC) needs volunteers for a global investigational HIV vaccine research study. To participate you must be:

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For more information and to volunteer, contact RVAC research staff at:

301-251-8351
rvac@hivresearch.org

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Version 1.1, 21OCT10

...make a global impact on HIV

Help Us Have a Baby:

Loving Couple Seeks Egg Donor



I am a happily married woman with a full and interesting life. My husband and I are blessed with close and loving families with many nieces and nephews. Even though we cherish the time spent with our families, we still long for a child of our own.

Luckily, I can become pregnant, but I need an Egg Donor's help. Our dream Donor is 21-31, intelligent, fair-skinned, small-to-medium boned, with an excellent personal and family health history.

Egg Donor Needed \$8,500 COMPENSATION



We want our donor to have the best care and support and so we have chosen a small, hands-on agency instead of a big clinic. Interested? Please email my attorney at Creative Family Connections: Donors@creativefamilyconnections.com

Creative Family Connections. Providing donors and clients with personal support and understanding...every step of the process.

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A weekly section about how to look and feel and be your best.

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lookout puzzles

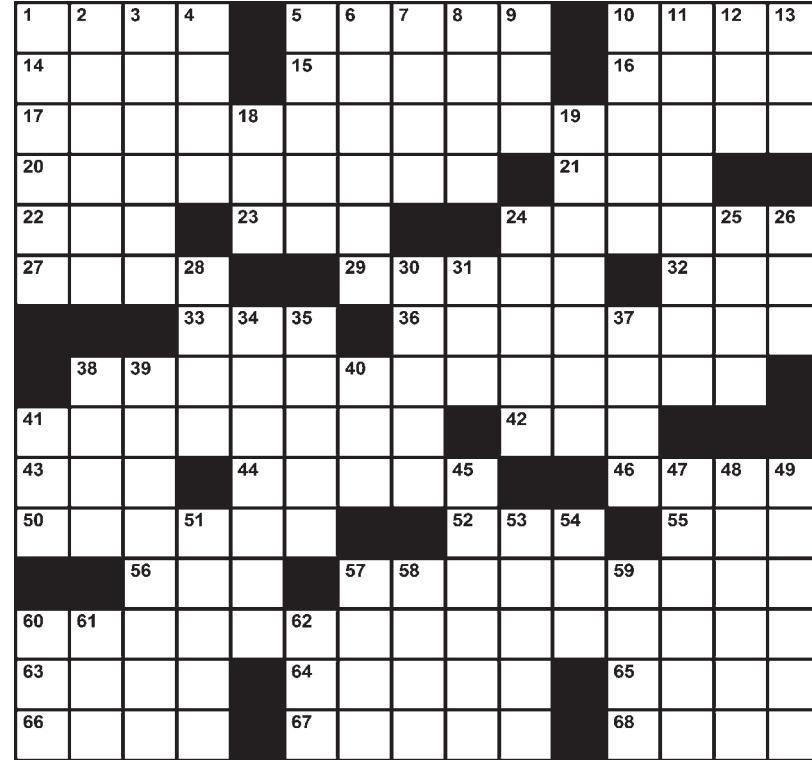
Crossword

ACROSS

- 1 Butcher's side
5 "Too many cooks spoil the broth," e.g.
10 Cash-free transaction
14 Continental dollar
15 Plant with two seed leaves
16 Give up, as territory
17 In the neighborhood
20 Memorable, as a day
21 Singer ___ King Cole
22 ___ out a living
23 Word with "little" or "late"
24 Descendant of Noah's eldest son
27 Poison ivy contact result
29 Greensboro protest of 1960
32 Piece-loving lobby?
33 Perform one's scenes
36 Evade
38 Relatively close
41 Sleepy Hollow's was headless
42 Busy ___ bee
43 William Tell's canton
44 Lets off steam
46 About 15 grains
50 Start to be active
52 Sporty truck, briefly
55 In-flight announcement
56 Weeding tool
57 Endured
60 Nearby
63 Sailing the waves
64 Curriculum ___ (brief resume)
65 "Will there be anything ___?"
66 Not counterfeit
67 Perform penance
68 South Yemeni port

DOWN

- 1 Word with "Water" or "standard"
2 California motto ("I have found it!")
3 Deteriorates
4 Basketball game stopper
5 Build on
6 Marks for lazy listers
7 Need an aspirin
8 Suffix with "theater"
9 Time-saving abbr.
10 "Now git!"
11 Pursued, as a career
12 "Lemon" or "lime" ending
13 According to
18 Ping-pong partition
19 Harmony
24 Gulf off Libya
25 Allowance after tare
26 "The Gold-Bug" author's monogram
28 They may be tossed in the ring
30 "Did you get the flowers ___?"
31 Padre's sister



EDITED BY TIMOTHY E. PARKER

- 34 Annoyed continually (var.)
35 Stopwatch or hourglass
37 Hairdo or rug type
38 Was decked out in
39 Isle of Man location
40 Palindromic Bobbsey twin name
41 Flight-connection site
45 Brunei monarch
47 Said again
48 "Ten-hut!" reversal
49 Football video game name
51 Bottom line
53 Laugh that's less than a guffaw
54 Before, to Hamlet
57 Airhead
- 58 Able to see right through
59 Geometry calculation
60 Place for cookies
61 Walk all over
62 Mature female germ cells

Yesterday's Solution



Today in History

1938

Nazis launch a campaign of terror, later called "Kristallnacht," against Jewish people and their homes and businesses in Germany and Austria.

1965

The biggest power failure in U.S. history occurs as all of New York state, parts of seven neighboring states and parts of eastern Canada go dark.

1989

East German officials open the Berlin Wall.

express



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people lookout

RECONCILIATION

Betty Ford Center Putting Something in the Water

Lindsay Lohan and Michael Lohan had an emotional reunion at a California mall Sunday, Radaronline.com reported. "She appeared genuinely happy to be spending time with her father," an unnamed source told the website. The pair went to a jewelry store, to which Michael Lohan returned — after dropping off his daughter — to buy her a gift. (EXPRESS)



UNEXPECTED

Strong Words From Strange Quarters

Eric Roberts has elaborated on a tweet calling Kate Gosselin "a child abuser." The blog Smalltowngosselins.squarespace.com posted an interview with the actor on Saturday. "They have an awful mother, and a father who doesn't stop her," he noted. "The kids could have a great time doing the show if their mom wasn't a cruel horror who is clearly repeating generational abuse," he explained. (EXPRESS)



DELUSION

Woman's Denial Takes Form of Lady Gaga

"I wasn't going to go toe to toe with Lady Gaga, because that's like fighting Jesus," a woman who says Lady Gaga stole her boyfriend told the New York Post. "She's the most powerful woman in the world, and there's no winning." Alex Stebbins says she had been dating Gaga ex Luc Carl for about a year when Gaga lured him back. "It was really hard to be with someone who has a really famous ex-girlfriend who would stop at nothing to get him back." (EXPRESS)



KEVORK DJANSEZIAN/GETTY IMAGES

"My highlights are the prettiest." "No, MY highlights are the prettiest!"

TALKY TALK

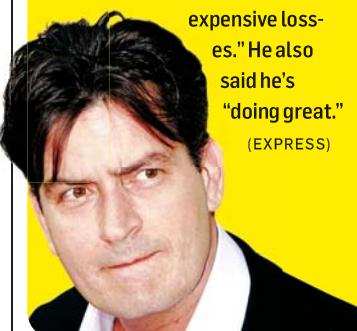
Mommy Loudest

Dina Lohan says her daughter Lindsay Lohan's treatment for addiction at the Betty Ford Clinic has been "life-changing." The center in Rancho Mirage, Calif., is "an amazing place," Dina Lohan explained on Monday's "Today" show. She says it has dug into her daughter's problems and brought them to the surface, and that her daughter is happy and relaxed. "She's just a different person," Dina Lohan added. Lindsay Lohan is to stay at Betty Ford until early January. The actress was recently seen shopping on an approved weekend outing. (AP)

Dirtbag Digest

We Did NOT Go Insane and Panic!

Charlie Sheen doesn't understand why his recent bender was a big deal. "If a guy has one bad night, everybody goes insane and panics," he told "Extra." With regards to the lost \$150,000 watch, he noted, "If you have expensive tastes, you gotta be prepared for expensive losses." He also said he's "doing great." (EXPRESS)



"It's, like, what's so arrogant about that moment? If anything, it's selfless."

— KANYE WEST, SPEAKING TO A MINNESOTA RADIO STATION, RETURNS, YET AGAIN, TO HIS TAYLOR SWIFT MOMENT AT THE 2009 MTV VIDEO MUSIC AWARDS.



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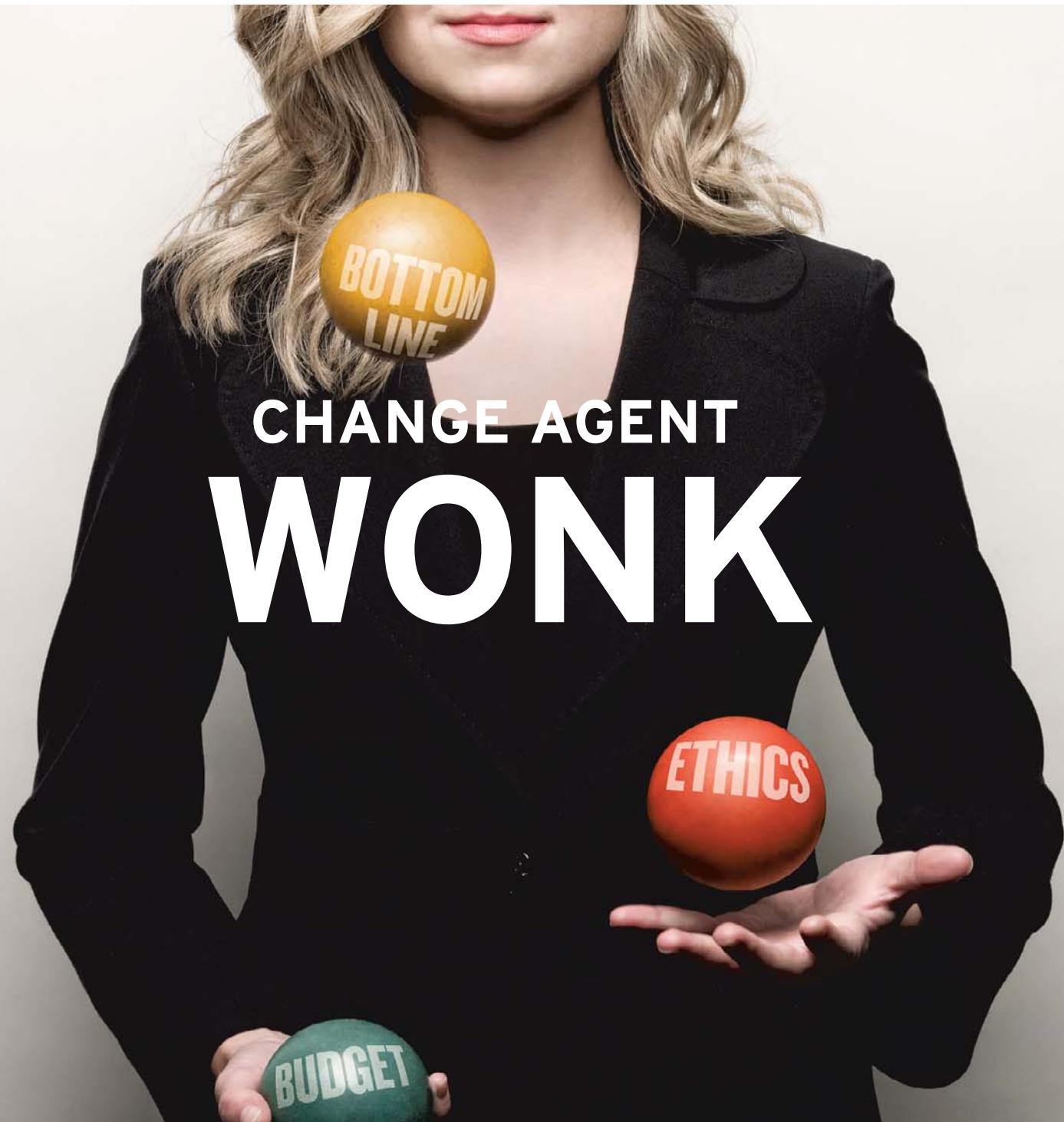
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